

MONTANA 2002 SCHOOL HEALTH EDUCATION PROFILE

The Status of Health Education in Montana Schools

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**Prepared for
Linda McCulloch, Superintendent
Montana Office of Public Instruction
Division of Health Enhancement
HIV/STD Education Program
PO Box 202501
Helena, Montana 59620-2501**

**Submitted by
Dodge Data Systems, Inc.
11617 Euclid Avenue, Suite 5
Helena, Montana 59601**

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I. INTRODUCTION

The Montana Office of Public Instruction (OPI), through a cooperative agreement with the Division of Adolescent and School Health (DASH), U.S. Centers for Disease Control and Prevention (CDC), provides assistance to schools and other youth service agencies to strengthen comprehensive school health education to prevent human immunodeficiency virus (HIV) infection, sexually transmitted diseases (STD), and other important health-risk behaviors and problems. Some activities that the OPI is responsible for under the cooperative agreement include:

- establish, strengthen, or expand HIV and STD prevention education, especially in grades 9 through 12, and integrate such education into existing health education;
- establish or strengthen procedures to monitor current status of health education and of behaviors that put youth at risk for important health problems; and
- evaluate program effectiveness.

Program requirements call for monitoring (at least every two years) the number and percentage of schools that provide education to prevent important health-risk behaviors as part of a comprehensive school health program, and the number and percentage of students at each grade level that receive such education as part of comprehensive school health education.

In July 2001, the OPI contracted with Dodge Data Systems, Inc. of Helena to conduct a survey of Montana school administrators and lead health educators to fulfill the requirements of the CDC/DASH program and to gather information regarding the status of school health education in Montana. The School Health Education Profile Survey was conducted in March 2002 with all middle and high schools in Montana that had an enrollment of 25 or more students. Approximately 79 percent of the eligible schools responded to the survey.

This report discusses the "best practice" indicators of what makes a health enhancement program effective. Health enhancement, the term used in the Montana School Accreditation Standards and Procedures Manual, is synonymous with coordinated school health

education; the terms are used interchangeably in this report. The indicators discussed in this report can guide health enhancement program development toward achieving best practice.

Appendix A to this report contains the figures (bar charts) referred to throughout Chapter III. Appendices B and C report the frequency distributions for middle and high school principals, while Appendices D and E contain frequency distributions to questionnaires completed by middle and high school lead health education teachers.

II. SURVEY METHODS

DESCRIPTION OF THE SCHOOL HEALTH EDUCATION PROFILE SURVEY

The 2002 School Health Education Profile (SHEP) survey consisted of two questionnaires; one for principals and one for lead health education teachers. The principals' questionnaire examined health education, HIV education, and tobacco use prevention education from an administrative perspective, while the lead health educators' survey looked at health education from an instructional viewpoint. The surveys were developed by the Centers for Disease Control and Prevention (CDC) in collaboration with state and local departments of education to monitor the status of school health education, including tobacco use prevention, education to prevent HIV infection and other sexually transmitted diseases, and other important health problems at the middle school and high school levels. The 2002 SHEP survey instruments consisted of 41 questions related to administration of health education and 21 questions related to instruction.

SAMPLE SELECTION PROCESS

All public and private schools in Montana with students in grades 6 through 12 and with 25 or more students in the school were eligible to be selected for inclusion in the sample. Two hundred fifty-five (255) schools elected to participate in the survey. The weighted results presented in this report are based on the opinions of the principals and lead health educators participating in the sample; however, the results can be used to make inferences concerning health education in all schools in Montana with 25 or more students in middle school or high school grades.

Superintendents of school districts were contacted during November 2001 to obtain approval to approach principals of schools about the survey. Sufficient time was allowed to gain school board approval and to answer any questions about the survey. Surveys were administered during March 2002 and returned to the OPI for further processing.

SURVEY VALIDITY AND LIMITATIONS

A weighting procedure was performed to reduce bias by compensating for differing patterns of non-response and to reflect the likelihood of sampling each school. The weighted results contained in this report can be used to make inferences concerning health education in Montana schools with grades 6 through 12 and an enrollment of 25 or more students. The estimated error rate, using a normal approximation, is less than 5 percent.

III. SCHOOL HEALTH EDUCATION PROFILE

COORDINATED SCHOOL HEALTH EDUCATION

Establishing school health programs to prevent important health problems and health-risk behaviors among youth is an important component in the development of coordinated school health education. Local education agencies should plan, implement and periodically evaluate their district's health enhancement program to ensure the program provides the skills young people need to reduce or prevent health problems. Effective coordinated school health education should focus on reducing behaviors that place youth at risk for important health problems, which include sexual behaviors that lead to HIV infection, other STDs and unintended pregnancies; tobacco use; sedentary lifestyles; improper nutrition; intentional and unintentional injuries; and alcohol and other drug use.

Key elements of a local education agency's plan for implementing coordinated school health education should include:

- **Policy:** adopt and implement age and developmentally appropriate coordinated school health education in all grades served by the local education agency.
- **Curriculum:** develop, strengthen and implement planned, sequential, skills-based coordinated school health curricula intended to prevent behaviors that will result in health-risk behaviors among youth. Curricula should conform to accepted practice guidelines and have credible evidence of effectiveness in impacting the health behaviors of young people.
- **Teacher Training:** provide staff development for teachers to acquire the skills they need for effectively delivering skills-based health education curriculum.
- **Classroom Implementation:** work toward the effective delivery of coordinated school health education curricula in the classroom.

- **Data Collection:** collect information on the health-risk behaviors of Montana youth and on the implementation of coordinated health education designed to reduce or prevent adverse health behaviors among youth.

The CDC's operational definition of a coordinated school health education program includes the following key elements:

- 1) a documented, planned, and sequential program of health education for students in grades kindergarten through 12;
- 2) a curriculum that addresses and integrates education about a range of categorical health problems and issues (e.g., HIV infection, drug abuse, drinking and driving, emotional health, environmental pollution) at developmentally appropriate ages;
- 3) activities to help young people develop the skills they will need to avoid: (a) behaviors that result in unintentional and intentional injuries; (b) drug and alcohol abuse; (c) tobacco use; (d) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; (e) imprudent dietary patterns; and (f) inadequate physical activity;
- 4) instruction provided for a prescribed amount of time at each grade level;
- 5) management and coordination in each school by an education professional trained to implement the program;
- 6) instruction from teachers who have been trained in the subject;
- 7) involvement of parents, health professionals, and other concerned community members; and
- 8) periodic evaluation, updating, and improvement.

This definition distinguishes effective skills-based HIV/AIDS education and coordinated school health education programs from HIV/AIDS awareness presentations and superficial health courses.

To determine the extent and quality of school health, tobacco use prevention, and HIV education in Montana, the OPI conducted a survey of all schools with 25 or more students providing education to students in grades 6 through 12. The 2000 Montana SHEP asked school principals and lead health educators questions related to the implementation, organization, structure, and support of health education in their schools. In addition, questions were asked relating to whether health education was taught by personnel trained in health education, and if they focused on skills necessary to avoid certain health risks.

2002 MONTANA SHEP SURVEY RESULTS

Required Health Education

Principals reported that 95 percent of all Montana middle schools and high schools require health education for students. These results compared favorably with survey results reported by lead health educators (92 percent of middle schools and 93 percent of high schools require a health education course in their schools).

Required Health Education Courses

Important results of the survey related to required health education courses in Montana schools are:

- In Montana middle schools, 26 percent of the principals reported offering three health education courses, while 21 percent offered four or more health education courses. In Montana high schools, approximately 39 percent reported having two required health education courses. Thirty-five percent of Montana high schools offer four or more health education courses.
- At the middle school level, required health education is taught most often in grades 7 and 8 (96 and 95 percent, respectively) and at the high school in grades 9 and 10 (about 94 percent of the time at both levels).
- Nearly three-fourths of Montana middle schools (73 percent of middle schools and 57 percent of high schools) allow students to be exempted from all or parts

of health education by parental request. However, most schools reported allowing exemptions to less than one percent of the students.

- Ninety-four percent of Montana middle schools and high schools combine required health education with physical education.

Required Health Education Course Content

- In Montana schools that have required health education courses, lead health educators reported that a district's or school's curriculum, set of guidelines or framework was the most often required material used to teach health education (this was the reported circumstance in about three-fourths of the schools). The next most often mentioned required materials were the state's curriculum, set of guidelines, or framework. About 46 percent of schools mentioned commercially-developed textbooks and guides as required materials.
- At both middle schools and high schools, lead health educators mentioned alcohol and drug use prevention, HIV prevention, physical activity and fitness, and tobacco use prevention as the most popular topics in which the schools tried to increase student knowledge (Appendix A, Figure 1a and Figure 1b). Least mentioned topics in which teachers tried to increase student knowledge were death and dying, dental and oral health, immunizations and vaccinations, and suicide prevention. Sixty-seven percent of the middle schools and 78 percent of the high schools tried to increase student knowledge with respect to pregnancy prevention.
- Lead health educators at Montana middle schools and high schools also teach students how to improve their skill levels as well as their knowledge levels. In required health education courses, skills for improving decision making abilities and resisting peer pressure were the most often mentioned skills (Appendix A, Figure 2). All skill level improvements were mentioned 79 percent or more of the

time by lead health educators, except skills for improving analysis of media messages by high school health teachers.

Required Health Education Teaching Methods

- Most popular teaching methods used by lead health educators at both the middle school and high school levels were group discussions and cooperative group activities (Appendix A, Figure 3). Peer educators were used in about 59 percent of the middle schools and 54 percent of the high schools.
- Lead health educators were queried as to whether they asked students to participate in certain activities as part of their health education course. Survey results indicate that most of the teachers do not ask students to participate in out-of-class activities. Of those that responded positively, completion of homework assignments with family members and identifying and analyzing advertising designed to influence health behaviors were the most often mentioned activities.

HIV Infection Prevention Education and Policy

- Abstinence, the most effective method to avoid HIV infections, was one of the most often mentioned HIV prevention topics taught in health education classes in Montana (Appendix A, Figure 4).
- How HIV is transmitted and how it affects the human body were HIV prevention topics covered by approximately 94 percent of the middle schools and 97 percent of the high schools.
- When HIV prevention courses were not taught as part of health education, they were usually taught in conjunction with a physical education class. HIV prevention was also taught in conjunction with home economics courses, science classes, and family education classes at both the high school and middle school levels.

- Sixty-nine percent of Montana middle school principals and 73 percent of Montana high school principals reported having a written policy that protects the rights of students and/or staff with HIV infection/AIDS.
- Most school written policies that protect the rights of students and/or staff with HIV infection/AIDS covered issues such as attendance, discrimination, confidentiality, work-site safety, and confidential counseling (Appendix A, Figure 5).

Health Education Coordination

- The lead health educator coordinates health education in 54 percent of the middle schools and 69 percent of the high schools. School administrators and curriculum coordinators were the next most often mentioned coordinators of health education in Montana schools.
- Only 33 percent of Montana middle schools and 21 percent of Montana high schools have a school health committee or advisory group that develops policies, coordinates activities, or seeks student or parent involvement in programs that address health issues.
- Lead health educators reported that they most often work with physical education staff on health education activities. About one-half of the lead health teachers reported also working with school health services (e.g., nurses) and school mental health or social services on health education activities.

School Safety

- As part of a violence protection policy, nearly all Montana schools require visitors to report to the main office or reception area upon arrival to the school (Appendix A, Figure 6).
- Nearly two-thirds of the middle schools (65 percent) and about 15 percent of the high schools reported maintaining a “closed campus” where students are not allowed to leave school during the school day, including lunchtime.

- Ninety percent of Montana middle schools and 83 percent of high schools use staff or adult volunteers to monitor school halls during and between classes. Nearly one-half of the schools routinely conduct bag, desk, or locker checks and about one in five of the schools have uniformed police, undercover police, or security guards during the regular school day.
- Sixty-two percent of Montana middle schools and 44 percent of Montana high schools reported having programs in place to prevent student bullying (Appendix A, Figure 7). About one-fourth of the schools (32 percent of middle schools and 25 percent of high schools) reported having peer mediation programs.
- Ninety-six percent of Montana middle school principals and 91 percent of Montana high school principals reported having written plans for responding to violence.

Health Education Staff Training and Professional Development

- The most popular staff development topics for Montana middle school and high school health teachers were in the areas of first aid and CPR (Appendix A, Figure 8a and Figure 8b).
- Slightly over one-half of Montana health teachers reported receiving training related to HIV in the past two years.
- The highest demand for additional training for both high school and middle school health teachers was in the area of violence and suicide prevention (Appendix A, Figure 9a and Figure 9b). For example, 52 percent of the middle school teachers reported receiving some violence prevention training in the two years prior to the survey, yet 74 percent indicated that they would like to have additional training in violence prevention.
- Sixty-six percent of middle school health teachers and 62 percent of high school health teachers reported wanting to receive additional training in HIV prevention.

- Forty-nine percent of lead middle school health educators and 57 percent of lead high school health educators have taught health education for 10 or more years.
- Staff development on teaching methods received by lead health educators in Montana schools was highest in the areas of using interactive teaching methods such as role-playing or cooperative group activities and the lowest in teaching students with limited English proficiency. Other than interactive teaching methods, less than one-half of lead health educators reported receiving staff development in the remaining method areas.
- The most important area in which lead health educators at both the middle schools and high schools reported wanting to receive further staff development was teaching skills for changing behaviors. Next highest was staff development for methods to encourage family or community involvement.
- The most often mentioned major emphasis of professional preparation for Montana lead health educators was combined health and physical education.
- Most lead health educators had over five years of teaching experience teaching health education. Over one-third of the lead health educators (35 percent of middle school and 41 percent of high school) had 15 or more years of health education teaching experience.

School Policies on Tobacco Use

- All of Montana middle schools and high schools reported having adopted policies prohibiting the use of tobacco products, including cigarette smoking, by students. At nearly all of the schools, the policies prohibit smoking in school buildings, on school grounds, in school buses, and at off-campus school-sponsored events.
- Over 90 percent of Montana middle and high schools have procedures to inform both students and faculty/staff about the district's tobacco prevention policy that prohibits tobacco use. Three-fourths of the schools also have procedures to inform visitors of the policy (Appendix A, Figure 10).
- Ninety-nine percent of Montana schools reported having procedures to inform parents about the policy that prohibits tobacco use by students (Appendix A, Figure 11).
- When students are caught smoking, the action taken most often is referral to a school administrator (100 percent of the middle schools and 98 percent of the high schools) and informing parents (Appendix A, Figure 12). In 61 percent of the middle schools and 36 percent of the high schools the matter is also referred to legal authorities. In Montana schools, students are rarely, if ever, expelled from school for smoking cigarettes.
- School principals reported that school administrators, teachers, and school staff nearly always have the responsibility of enforcing policies, which prohibit tobacco use.
- Montana school principals reported that about four of five Montana schools have adopted specific policies prohibiting the use of cigarettes, smokeless tobacco, cigars, and pipes by staff and faculty (Appendix A, Figure 13).
- Over 90 percent of Montana middle schools and high schools prohibit tobacco advertising in school buildings, on school grounds, on school buses, and in school newsletters, newspapers, and other school publications.

- Ninety-one percent of Montana middle schools and high schools do not allow tobacco-related sponsorship of school events.
- Nearly two-thirds of Montana schools reported having signs posted marking a tobacco-free school zone a specific distance from school grounds.

Nutrition Policies and Practices

- Slightly over three-fourths of Montana middle schools and high schools allow students 20 minutes or more to eat lunch once they are seated (Appendix A, Figure 14).
- Few schools in Montana have policies stating that fruits and vegetables will be offered at school settings such as school parties, after-school programs, staff meetings, parent's meetings, or concession stands (2 percent of the middle schools and 6 percent of the high schools reported having such policies).
- Most schools offer snack foods or beverages from vending machines, school stores, canteens, or snack bars. The most often mentioned foods/beverages were soft drinks, bottled water, and fruit juices. Seventy-three percent of the high schools and 57 percent of the middle schools also offer chocolate candy (Appendix A, Figure 15).
- Beverages and snacks appear to be available to Montana students most of the time. Principals at the middle schools and high schools reported that snacks and beverages were most often available before classes in the morning and during lunch period.

Asthma Management Activities

- Most often mentioned asthma management activities for Montana students were encouraging full participation in physical education and physical activity when students with asthma were doing well; assuring immediate access to medications as prescribed by a physician and approved by parents; and providing modified physical education and physical activities as indicated by the student's Asthma Action Plan (Appendix A, Figure 16).
- Seventy-two percent of Montana middle schools and 59 percent of Montana high schools identify and track all students with asthma.

IV. CONCLUSIONS

The goal of school health education in Montana is to reduce and prevent serious health-risk behaviors, which cause the greatest amount of illness, death, and social problems among youth and young adults. These health-risk behaviors can lead to health problems such as cardiovascular diseases, cancer, sexually transmitted diseases, unintended pregnancies, motor vehicle crashes, homicides, and suicides. Improving school health education through enhanced curriculum planning and development, curriculum implementation, teacher qualification and preparation, and assessment and evaluation would contribute to the achievement of this goal. As part of the assessment and evaluation of school health education, the 2002 Montana SHEP survey monitors and reports on the status of school health education in Montana.

Data from the 2002 Montana SHEP indicate that health enhancement in Montana is being taught as it is intended; that is, as an integrated curriculum (with the health components of health enhancement usually combined with the physical activity component). Montana middle schools and high schools require at least one or more years of health education and all high schools and most middle schools require health education for graduation. Health education is most often taught in grades 7 and 8 in middle schools and grades 9 and 10 at the high school level.

About 73 percent of Montana middle school students and 57 percent of high school students can be exempted from required health education by parental request; however, very few students are ever exempted. This is consistent with national polls in which over 90 percent of respondents support health education in public schools.

All of Montana schools have adopted policies specifically prohibiting tobacco use by students. In addition, about nine out of 10 schools have adopted policies prohibiting the

use of cigarettes and smokeless tobacco by faculty and staff. Nearly all schools have procedures to inform students and staff about the tobacco prevention policy that prohibits the use of tobacco, while three-fourths of the schools also have procedures in place to inform visitors of the policy.

Nine of 10 schools in Montana tried to increase student knowledge on HIV prevention during the 2001-02 school year. Topics most often taught related to HIV prevention were abstinence, how HIV is transmitted and how it affects the body, and the influence of alcohol and drugs on HIV-related risk behaviors. HIV prevention education is usually taught in conjunction with health education; however, in many schools it is also taught in physical education classes (60 percent of middle schools and 81 percent of high schools).

Finally, the 2002 Montana SHEP survey indicated that most students in grades 7 through 10 are receiving education on HIV/AIDS prevention. Nationally and locally, many students are still at risk of HIV infection because they continue to practice health-risk behaviors that can expose them to HIV. Although significant decreases in the percent of youth in Montana who engage in sexual intercourse have occurred over the past eight years, too many Montana high school youth continue to engage in sexual intercourse (44 percent as reported in the 2001 Montana Youth Risk Behavior Survey). Over one-fourth (26 percent) of these sexually active students had more than one partner in the three months prior to the survey and one in three used alcohol and drugs prior to sexual intercourse. In Montana, 37 percent of sexually active teens do not use a condom during intercourse. The potential for contracting HIV or other sexually transmitted diseases remains high, and efforts should continue to educate youth regarding the negative consequences of these and other high-risk behaviors.

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APPENDIX A
REFERENCED BAR CHARTS

Figure 1a

Q-3 During this school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course?

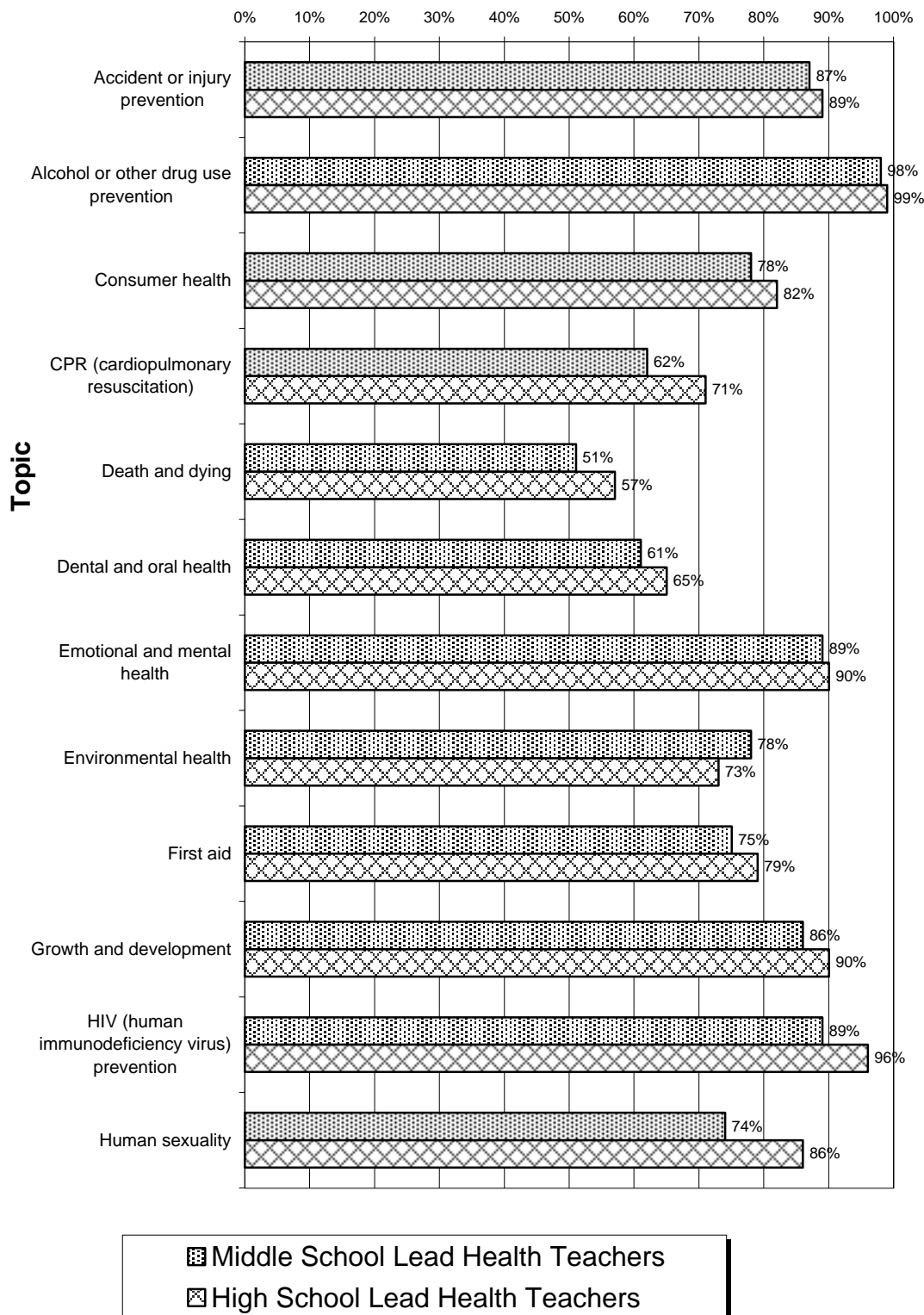


Figure 1b

Q-3 During this school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course?

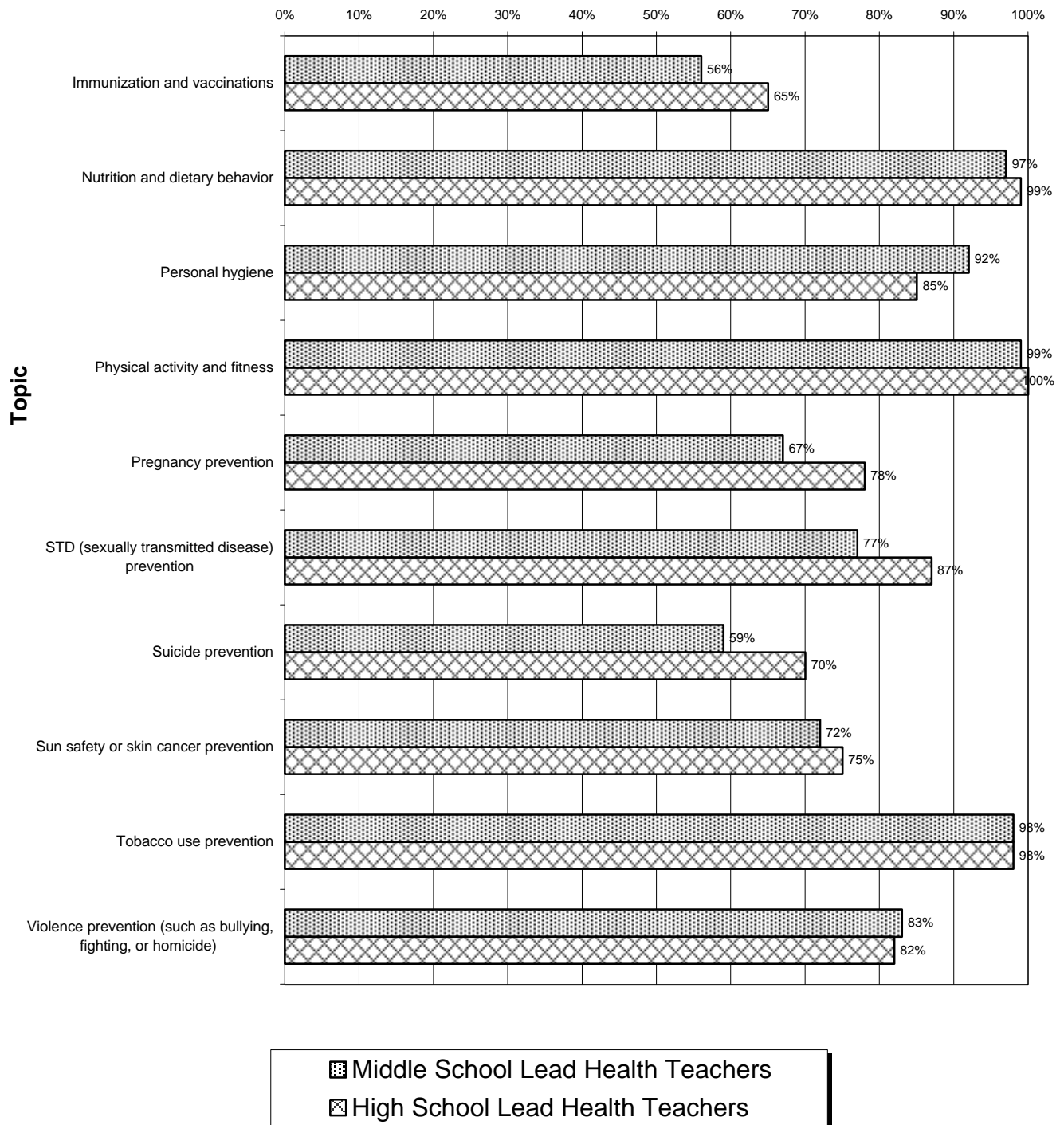


Figure 2

Q-4 During this school year, have teachers in this school tried to improve each of the following student skills in a required health education course?

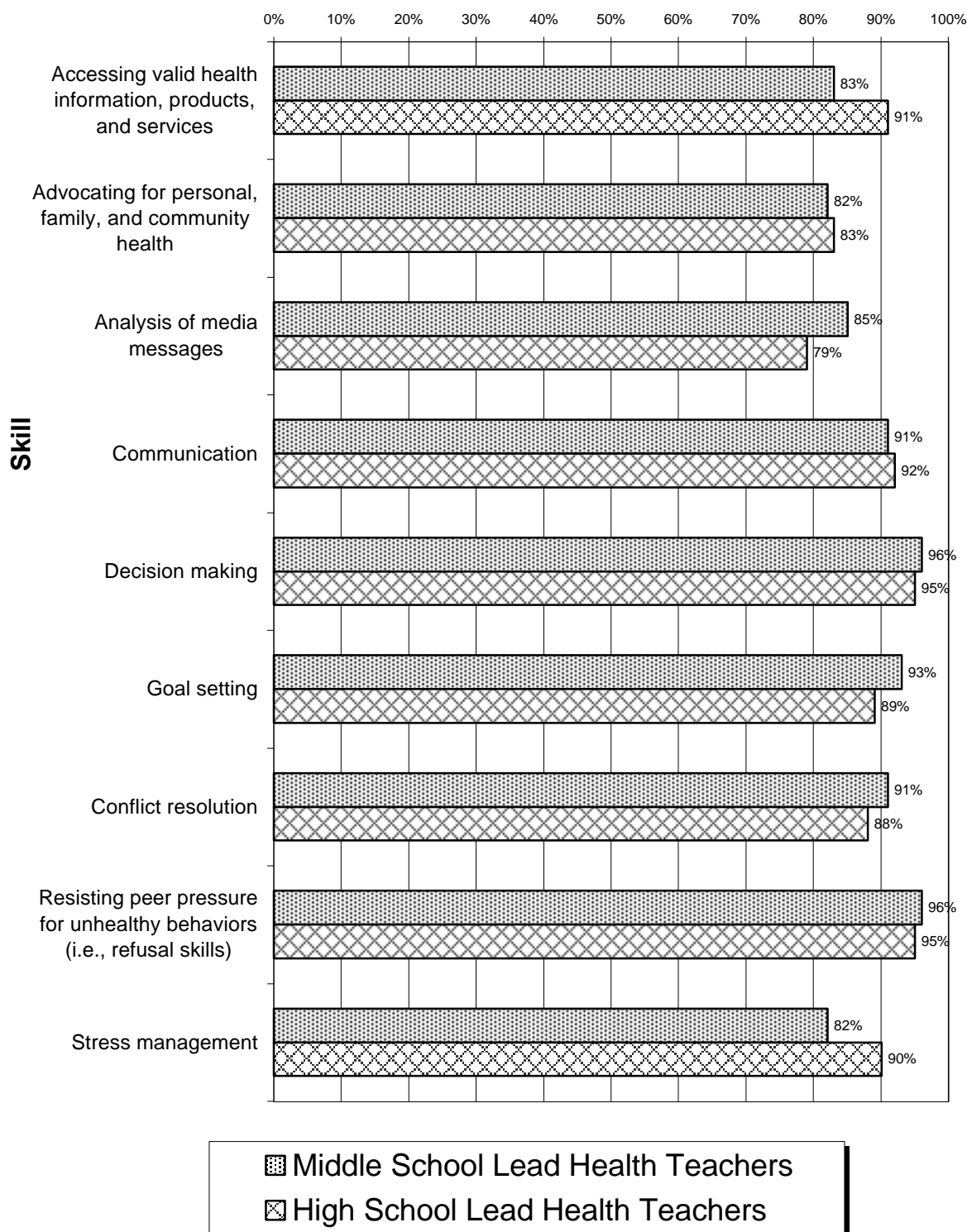


Figure 3

Q-5 During this school year, have teachers in this school used each of the following teaching methods in a required health education course?

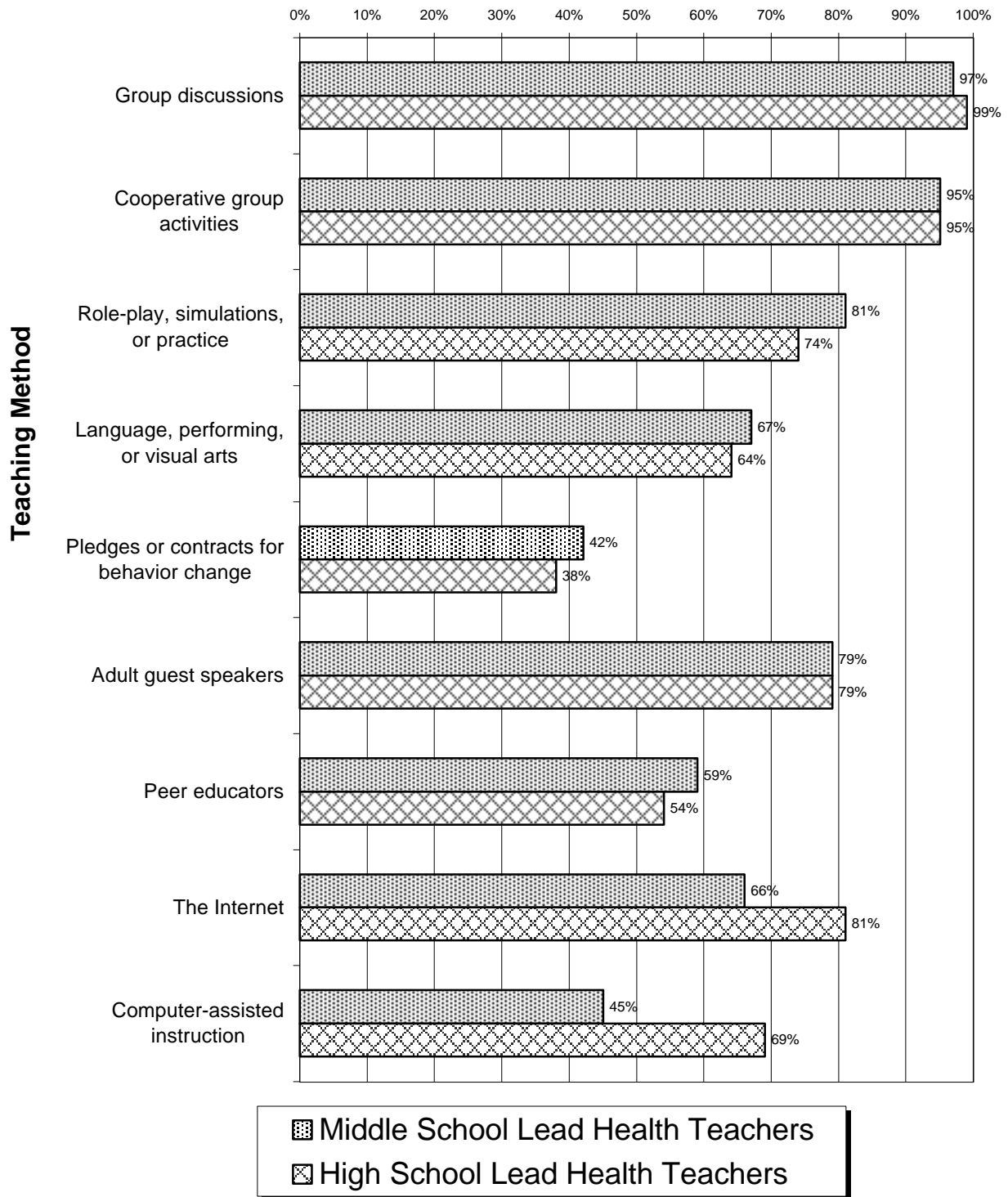


Figure 4

Q-8 During this school year, did teachers in this school teach each of the following HIV prevention topics in a required health education course?

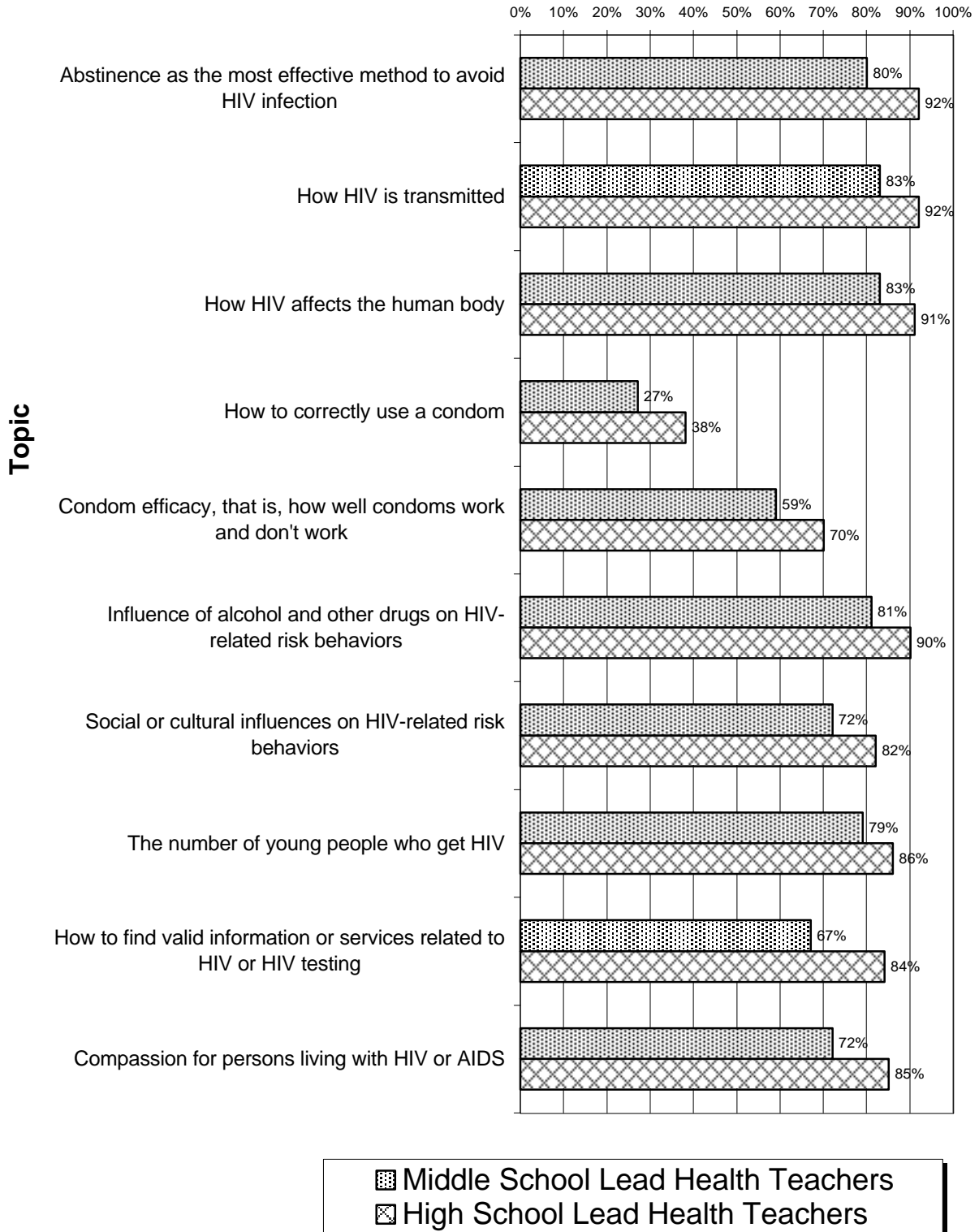


Figure 5

Q-41 Does that policy address each of the following issues for students and/or staff with HIV infection or AIDS?

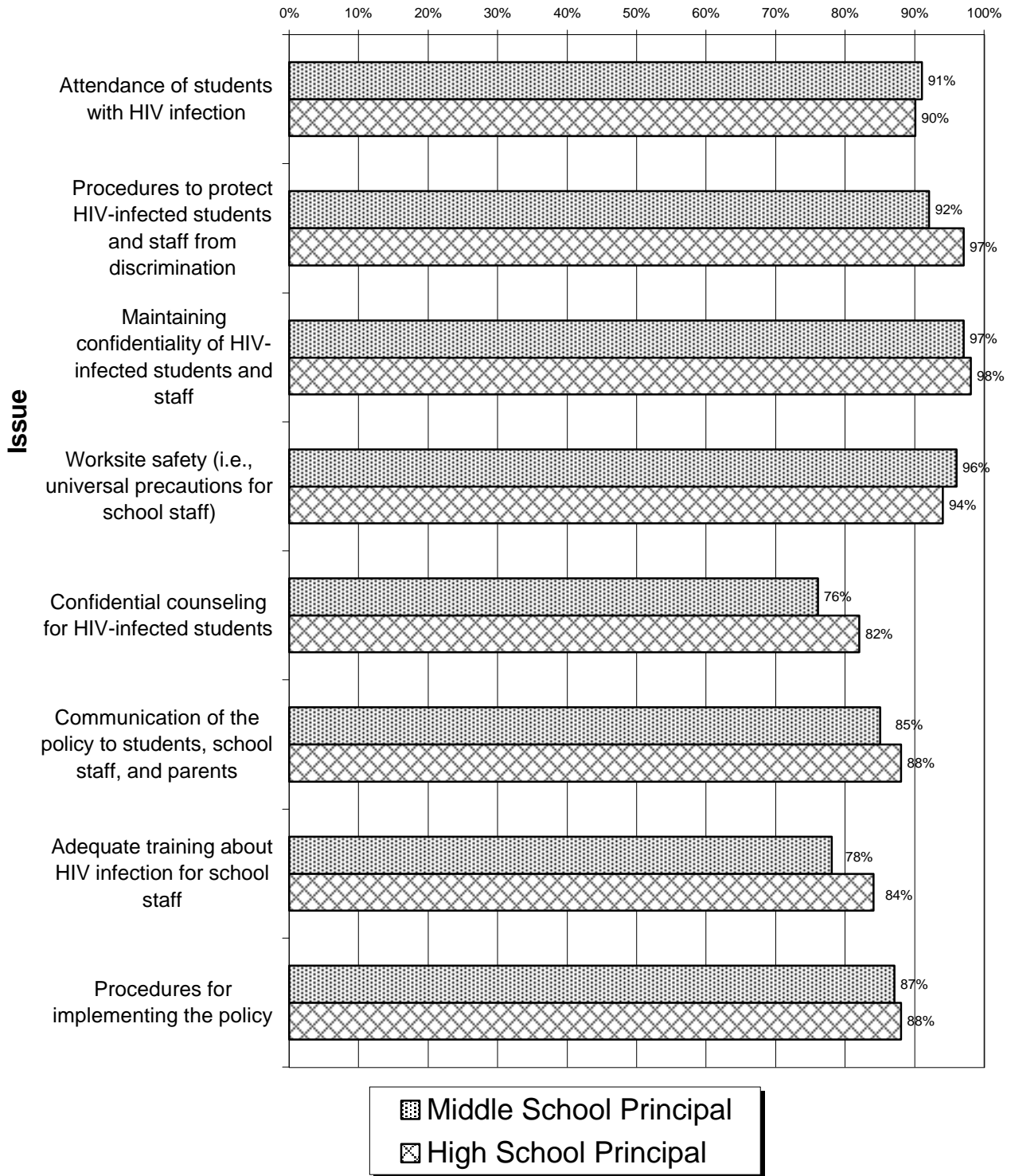


Figure 6

Q-36 Does your school implement each of the following safety and security measures?

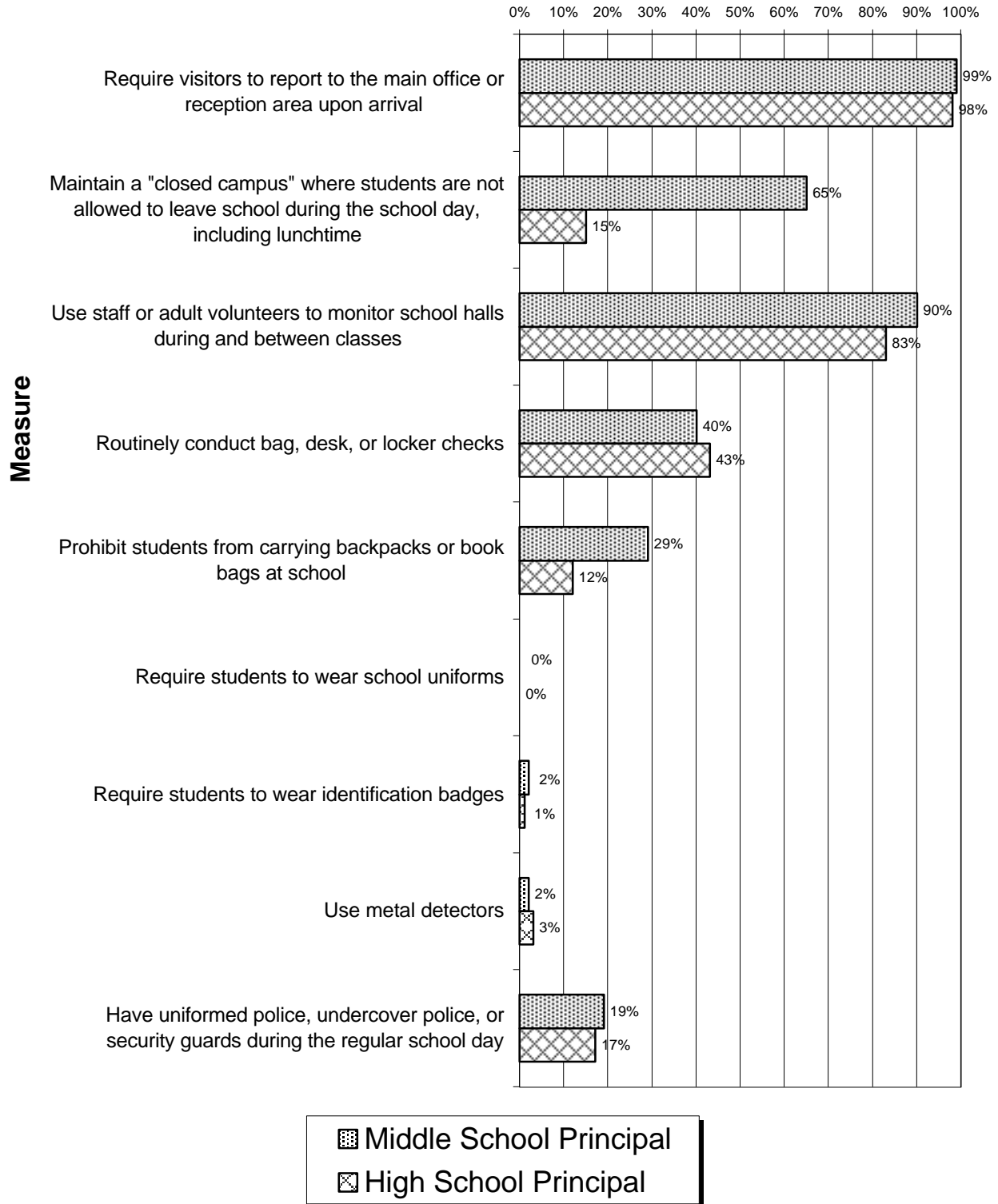


Figure 7

Q-37 Does your school have or participate in each of the following programs?

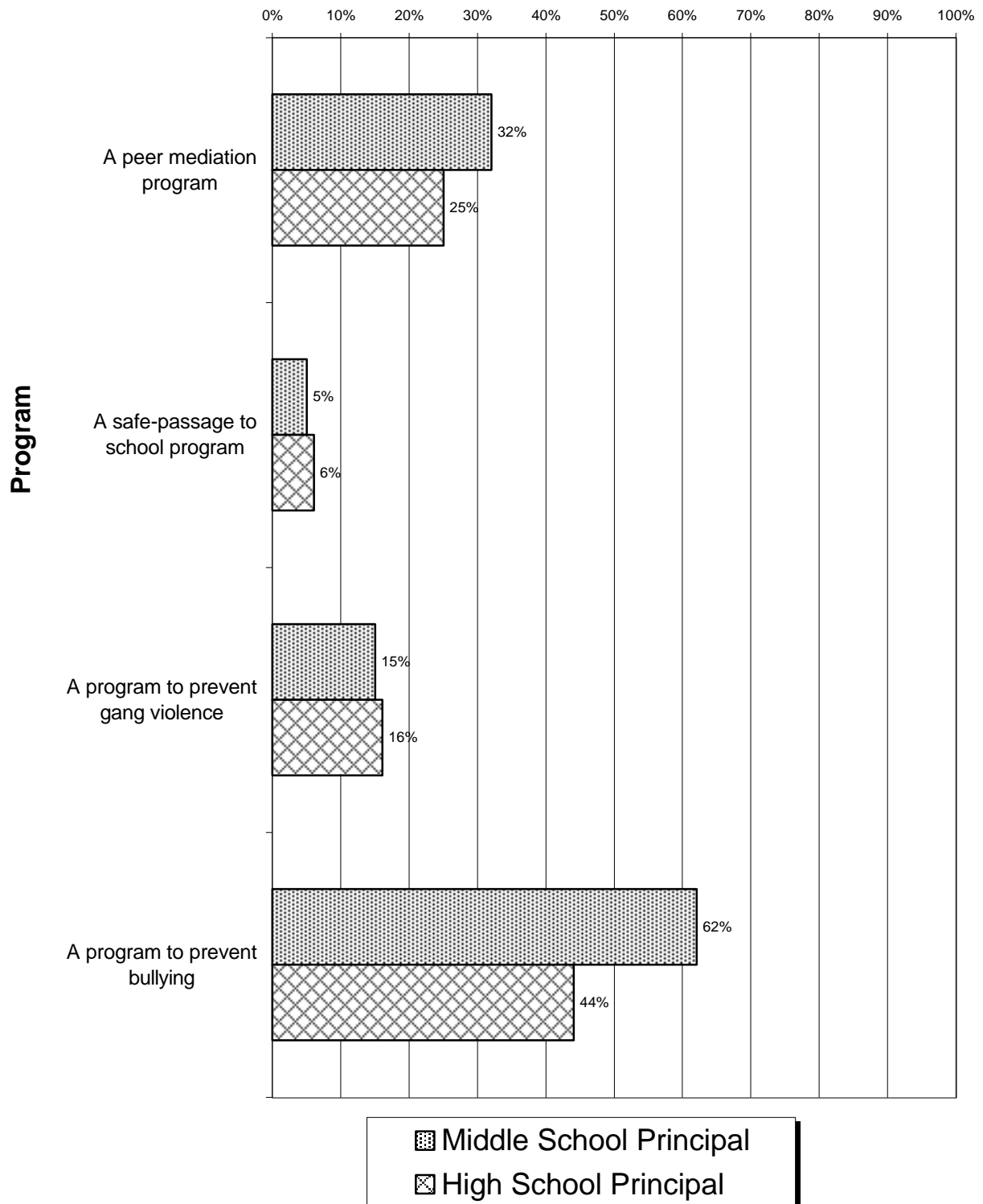


Figure 8a

Q-16 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics?

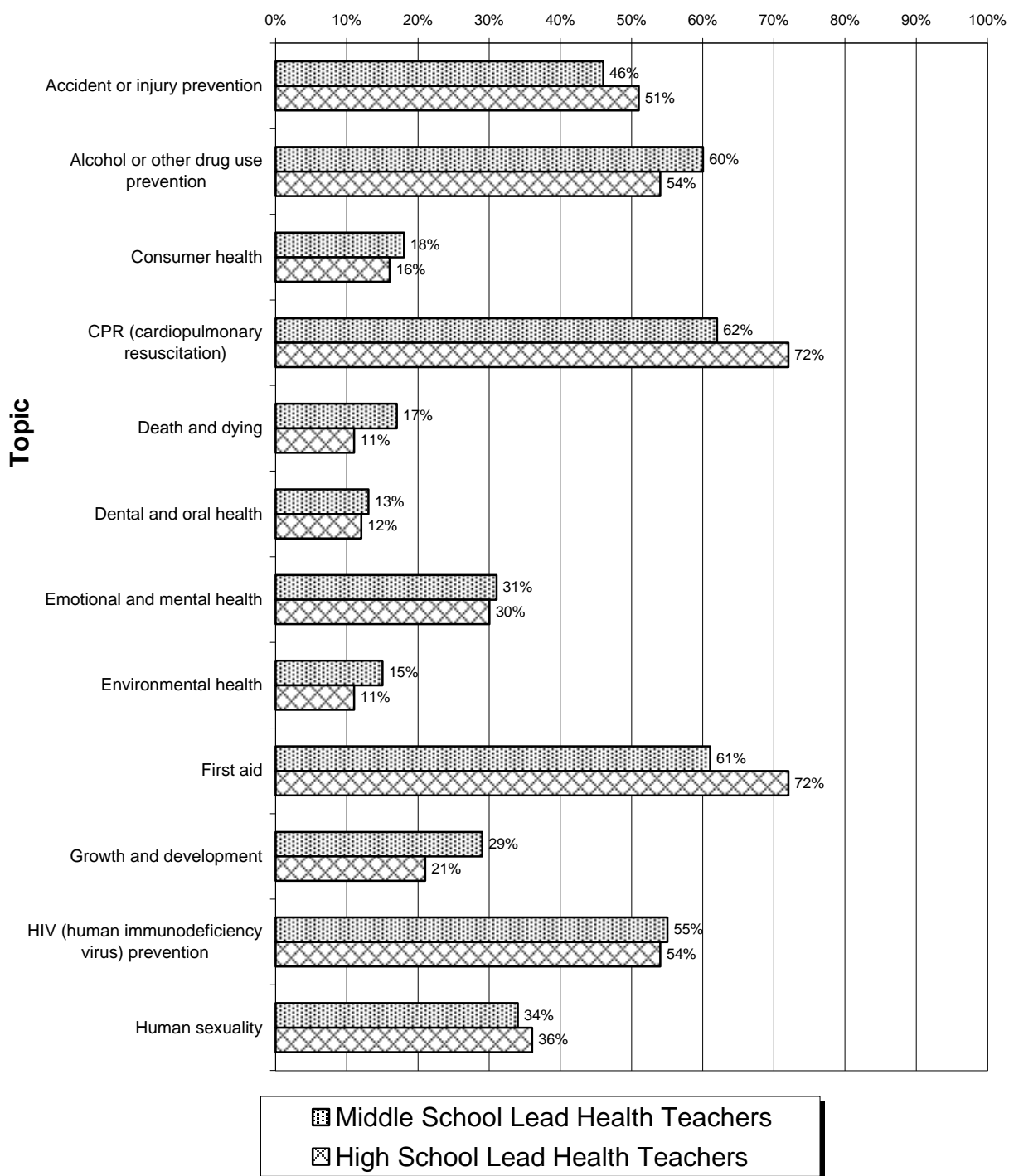


Figure 8b

Q-16 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics?

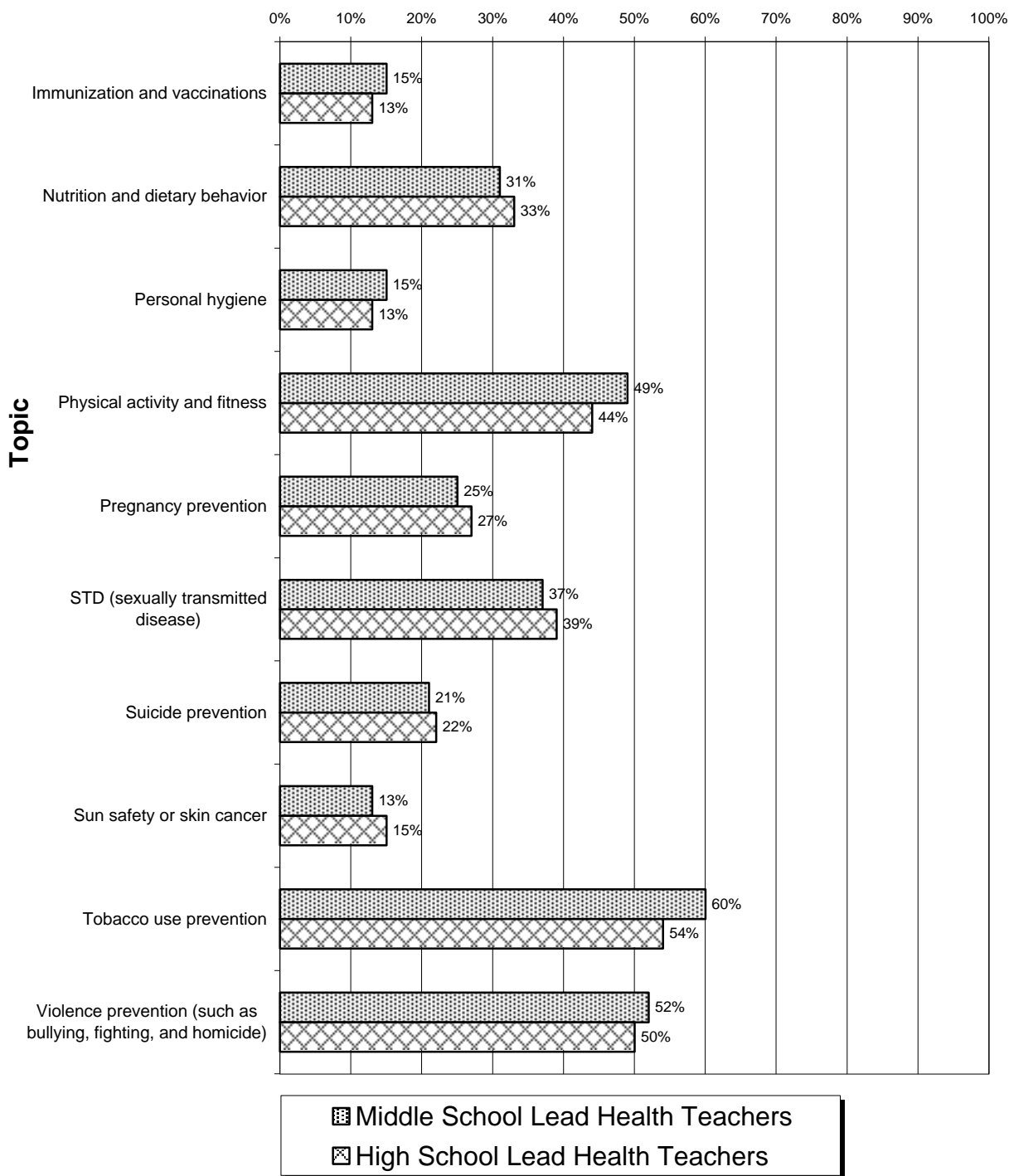


Figure 9a

Q-17 Would you like to receive staff development on each of these health education topics?

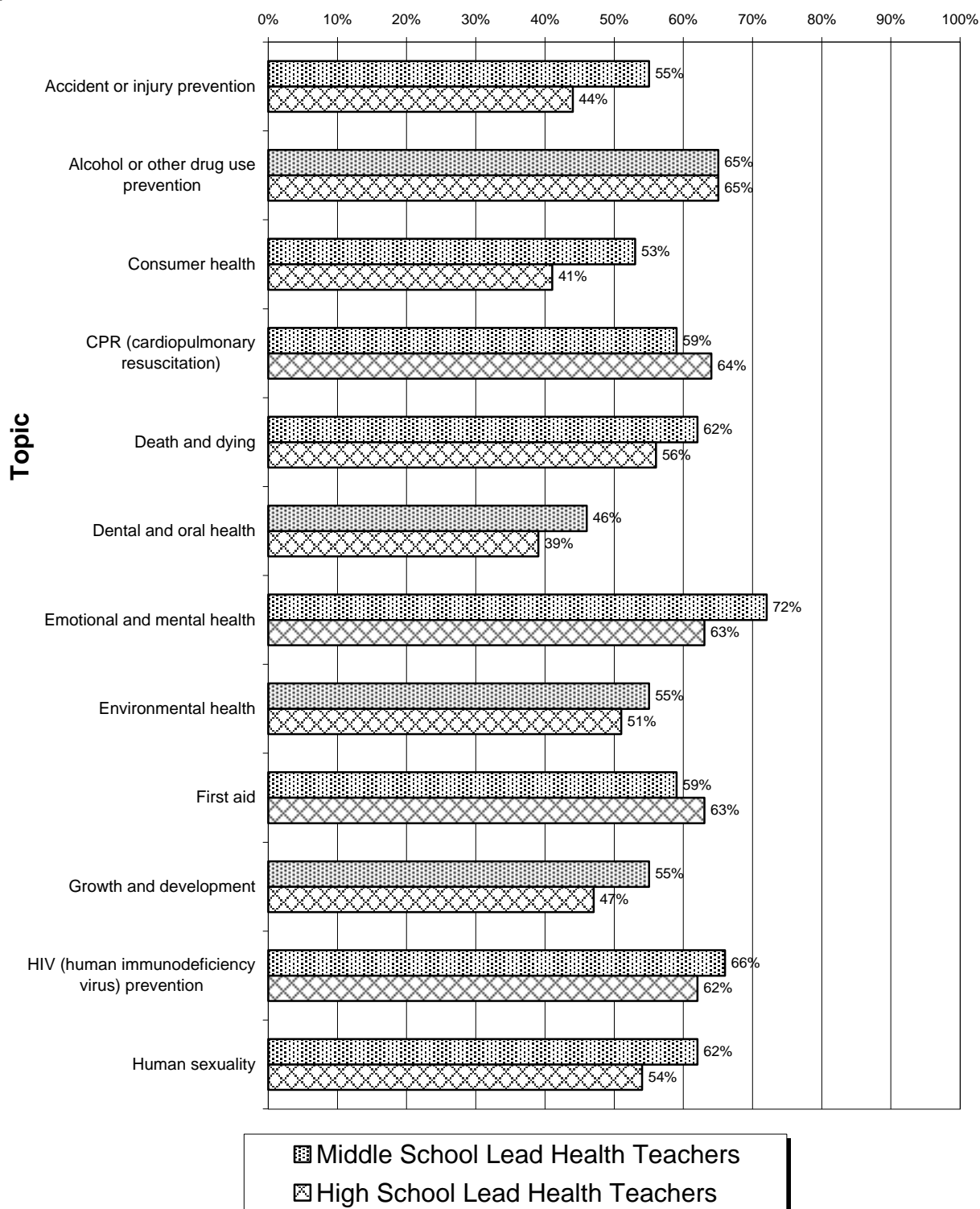


Figure 9b

Q-17 Would you like to receive staff development on each of these health education topics?

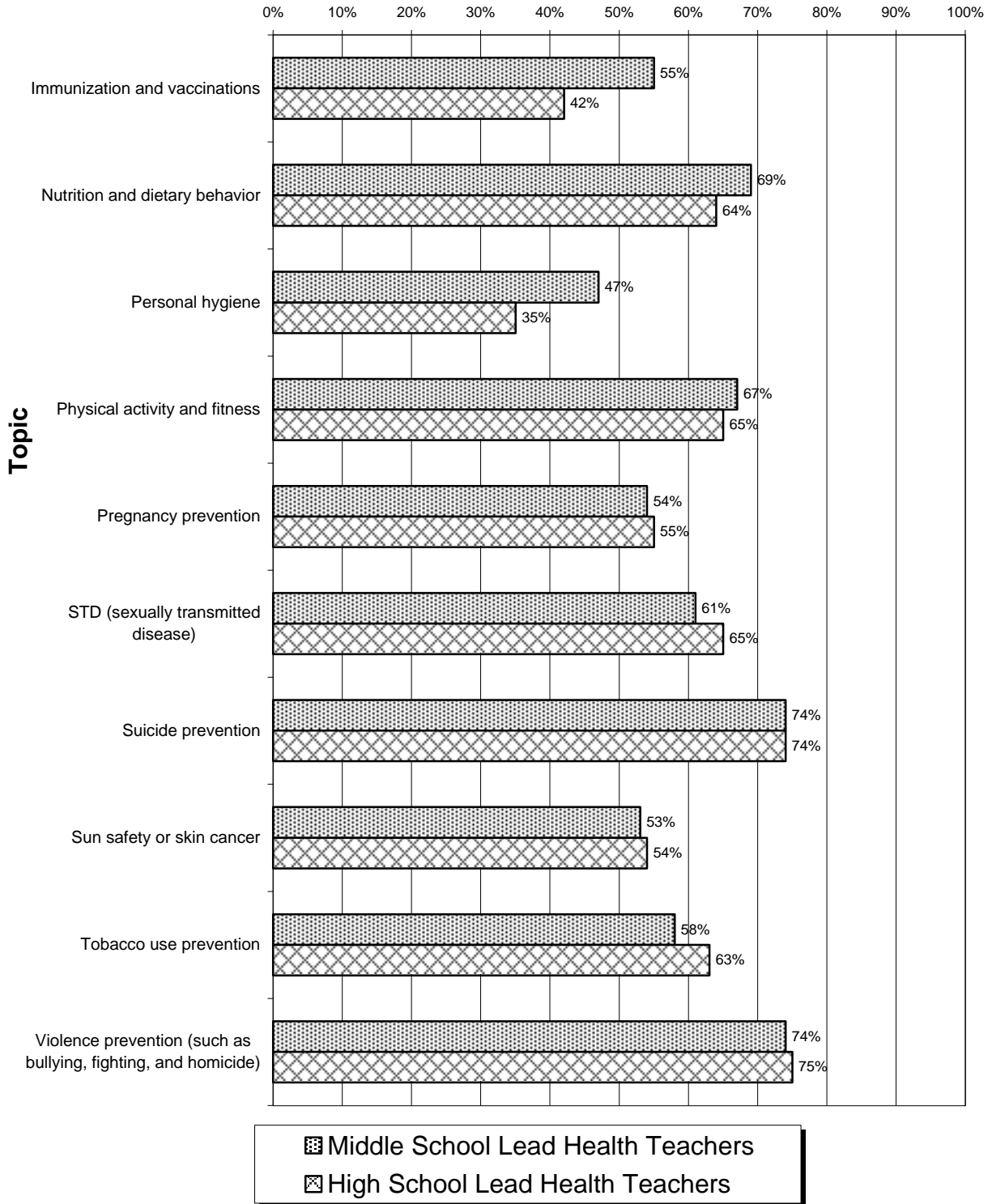


Figure 10

Q-22 Does your school have procedures to inform each of the following groups about the tobacco prevention policy that prohibits their use of tobacco?

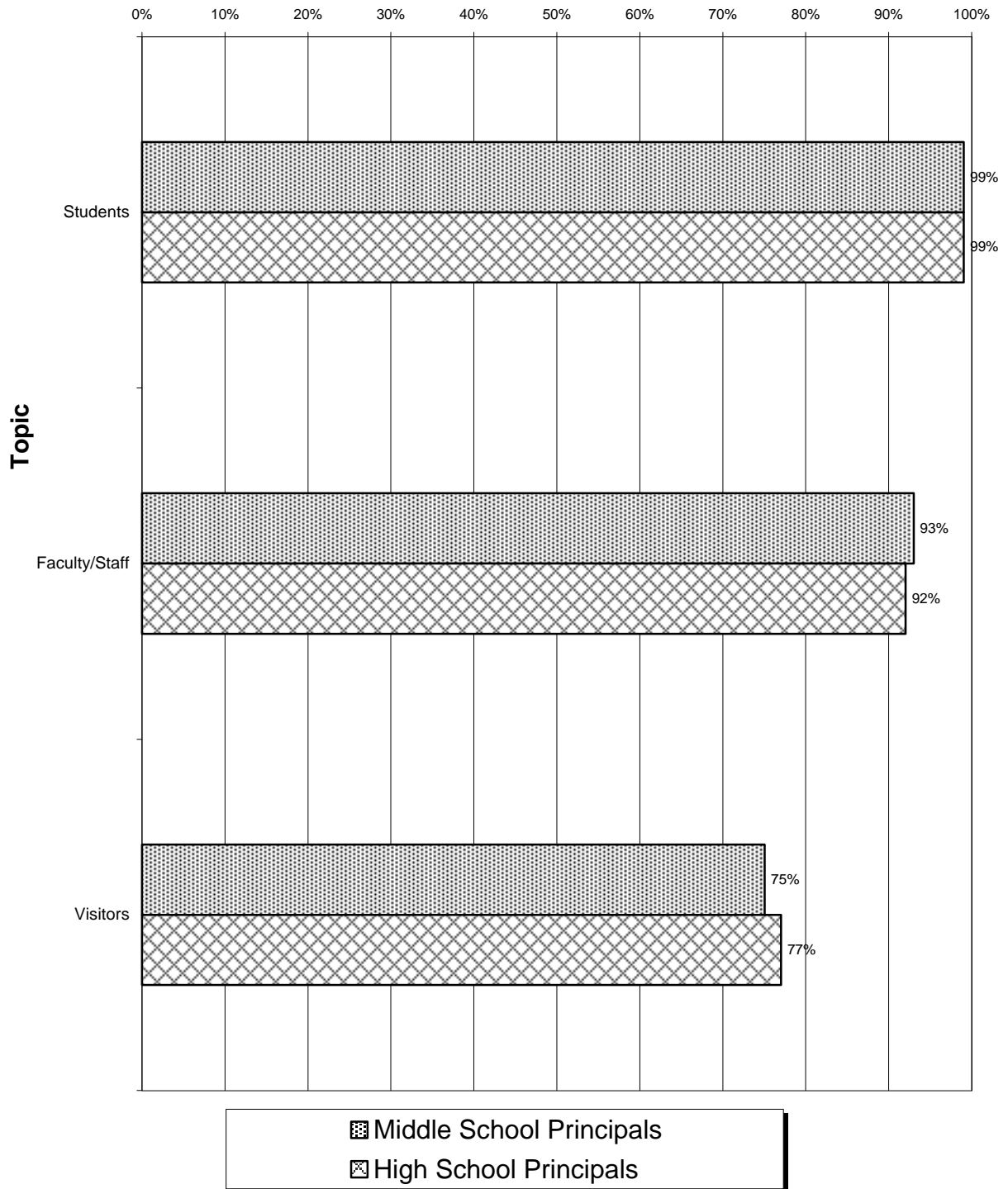


Figure 11

Q-23 Does your school have procedures to inform parents about the policy that prohibits tobacco use by students?

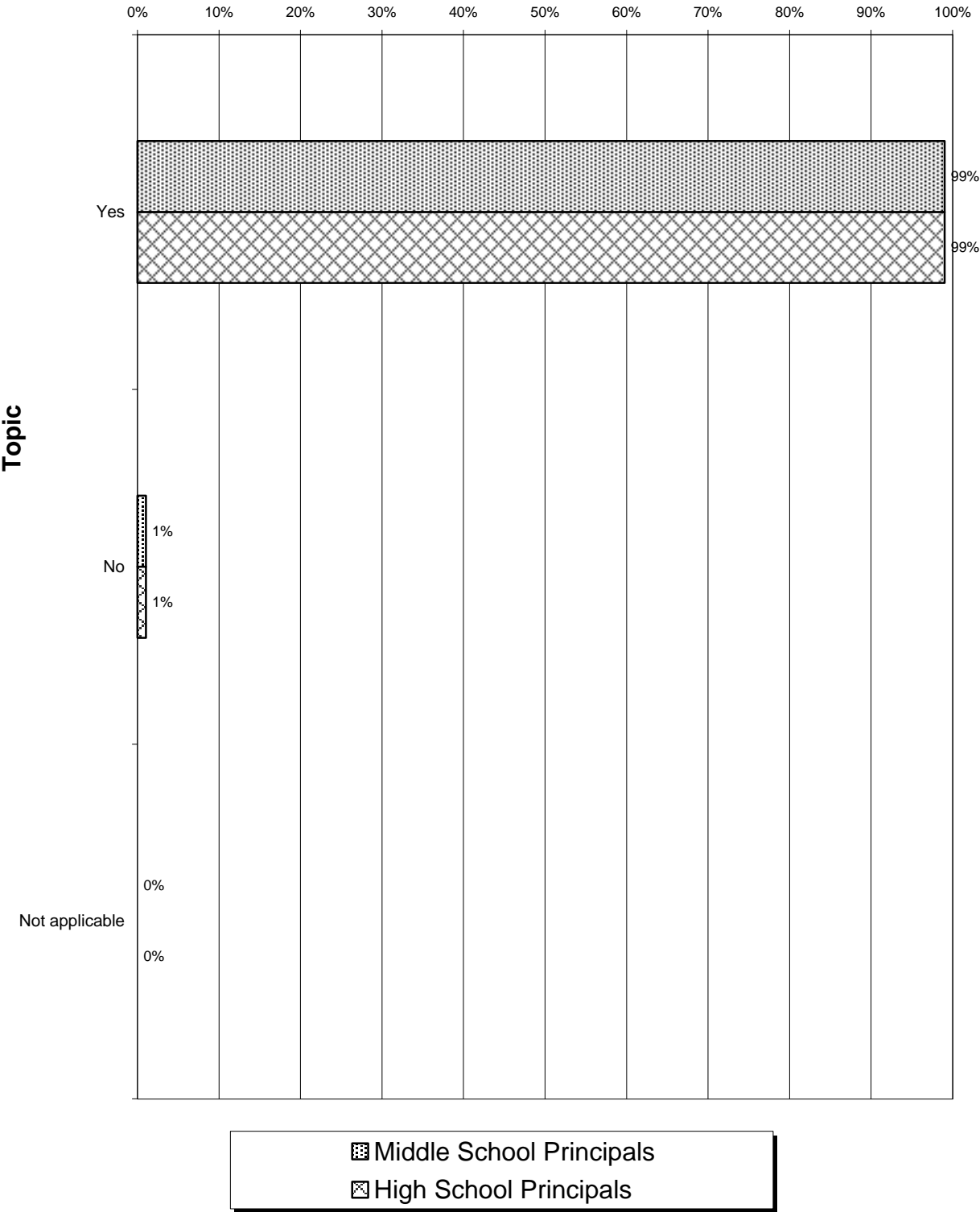


Figure 12

Q-25 When students are caught smoking cigarettes, how often are each of the following actions "Always" taken?

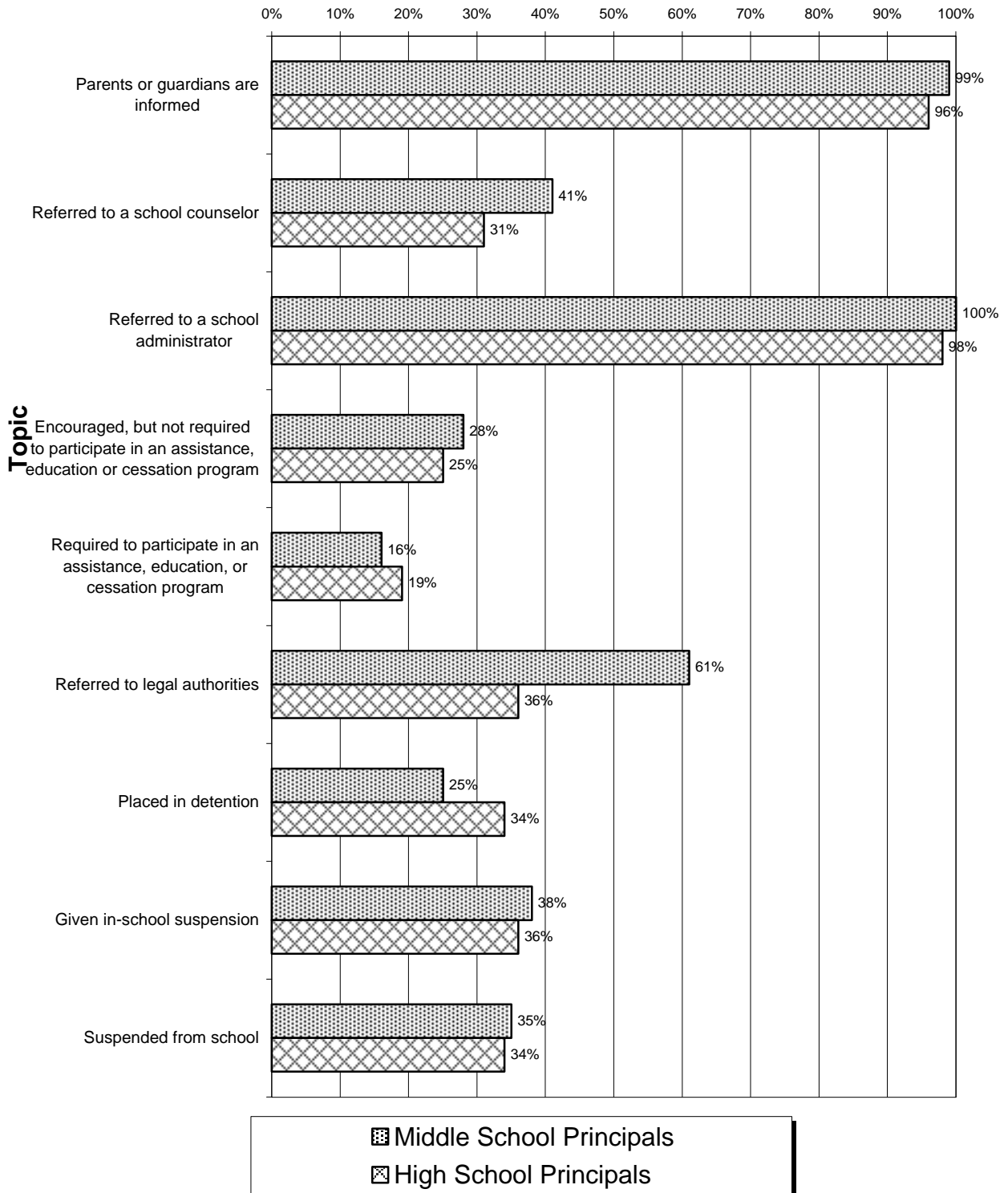


Figure 13

Q-19 Does the tobacco prevention policy specifically prohibit use of each type of tobacco for faculty/staff?

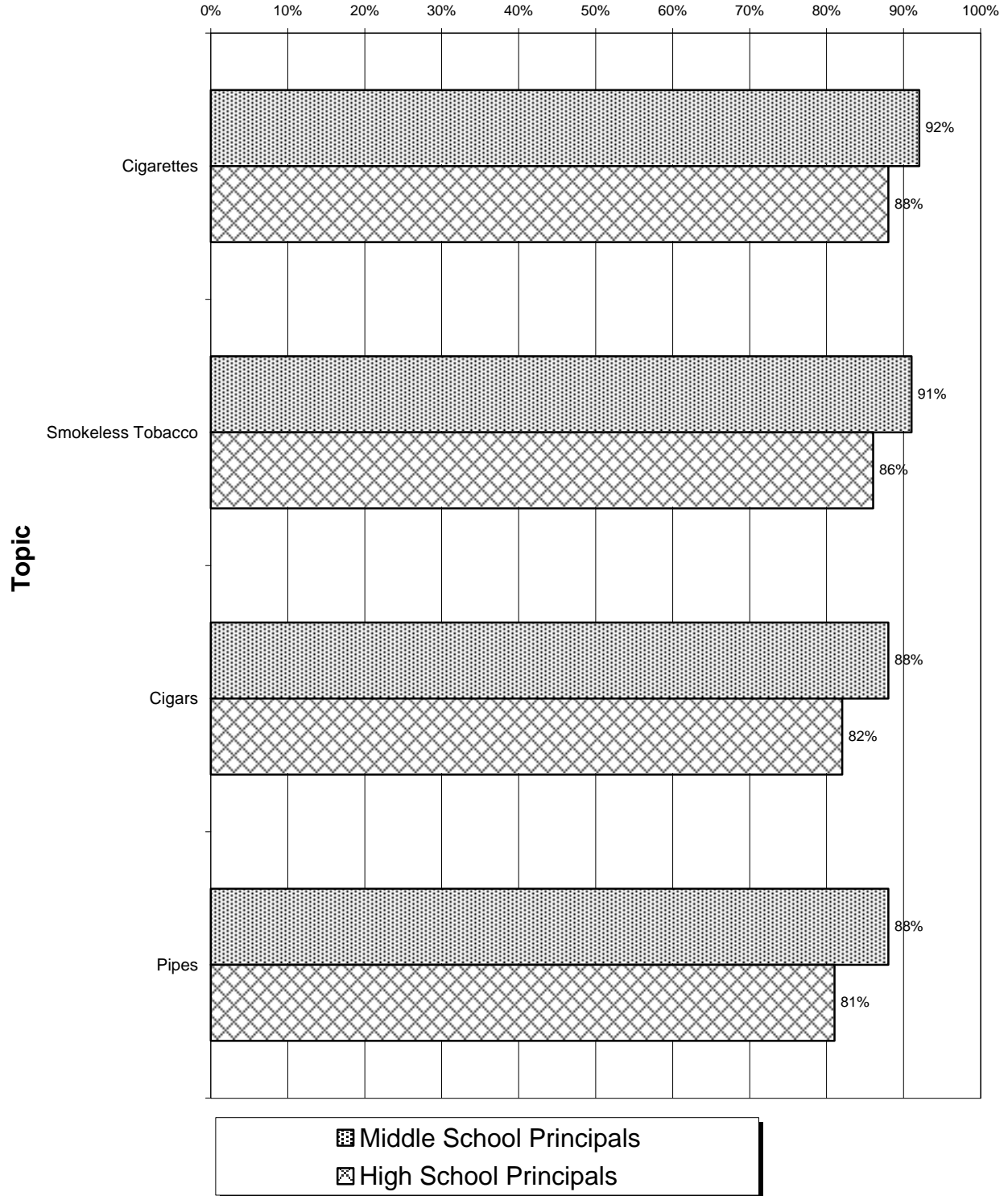


Figure 14

Q-31 How long do students usually have to eat lunch once they are seated?

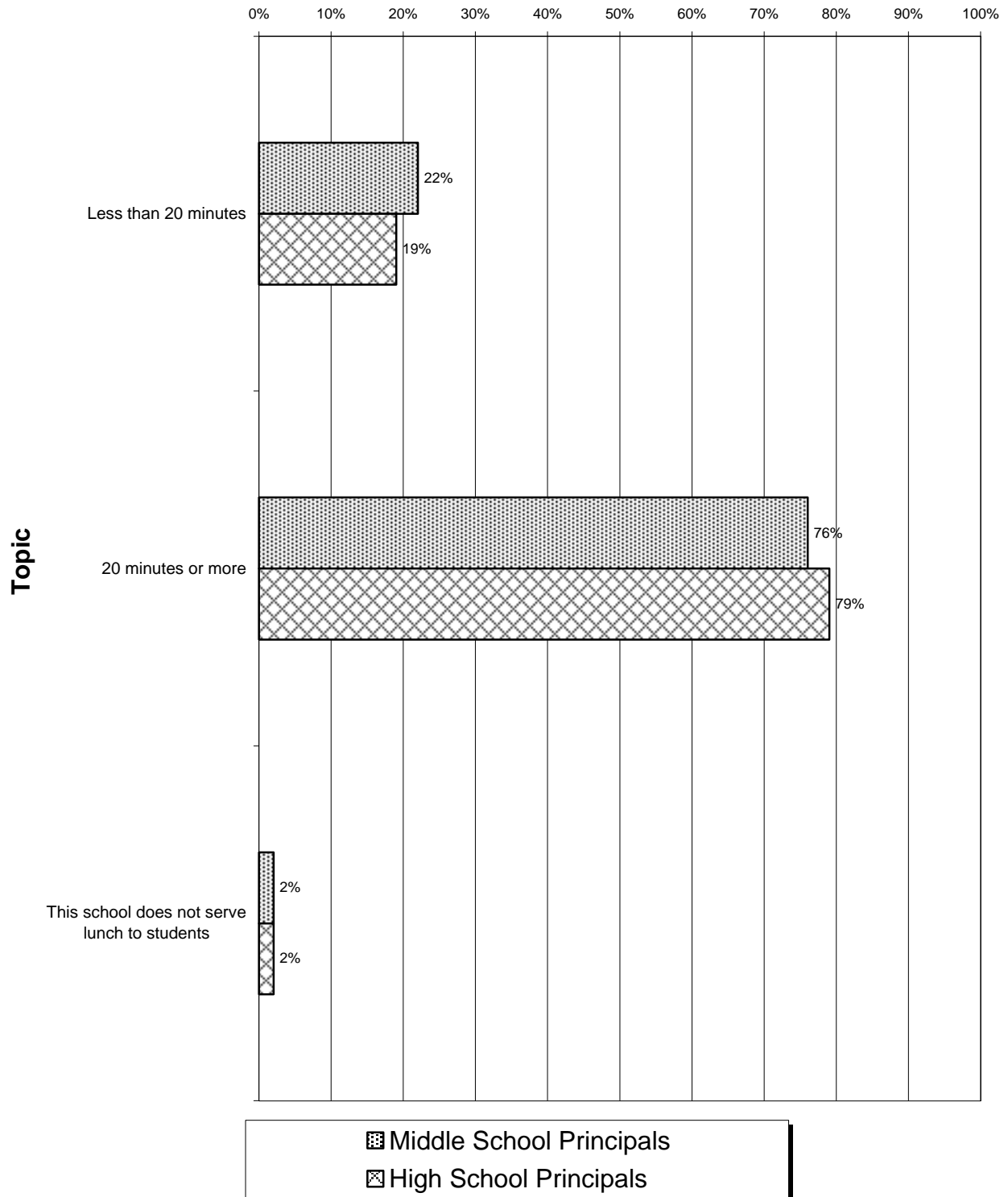


Figure 15

Q-34 Can students purchase each snack food or beverage from vending machines or at the school store, canteen, or snack bar?

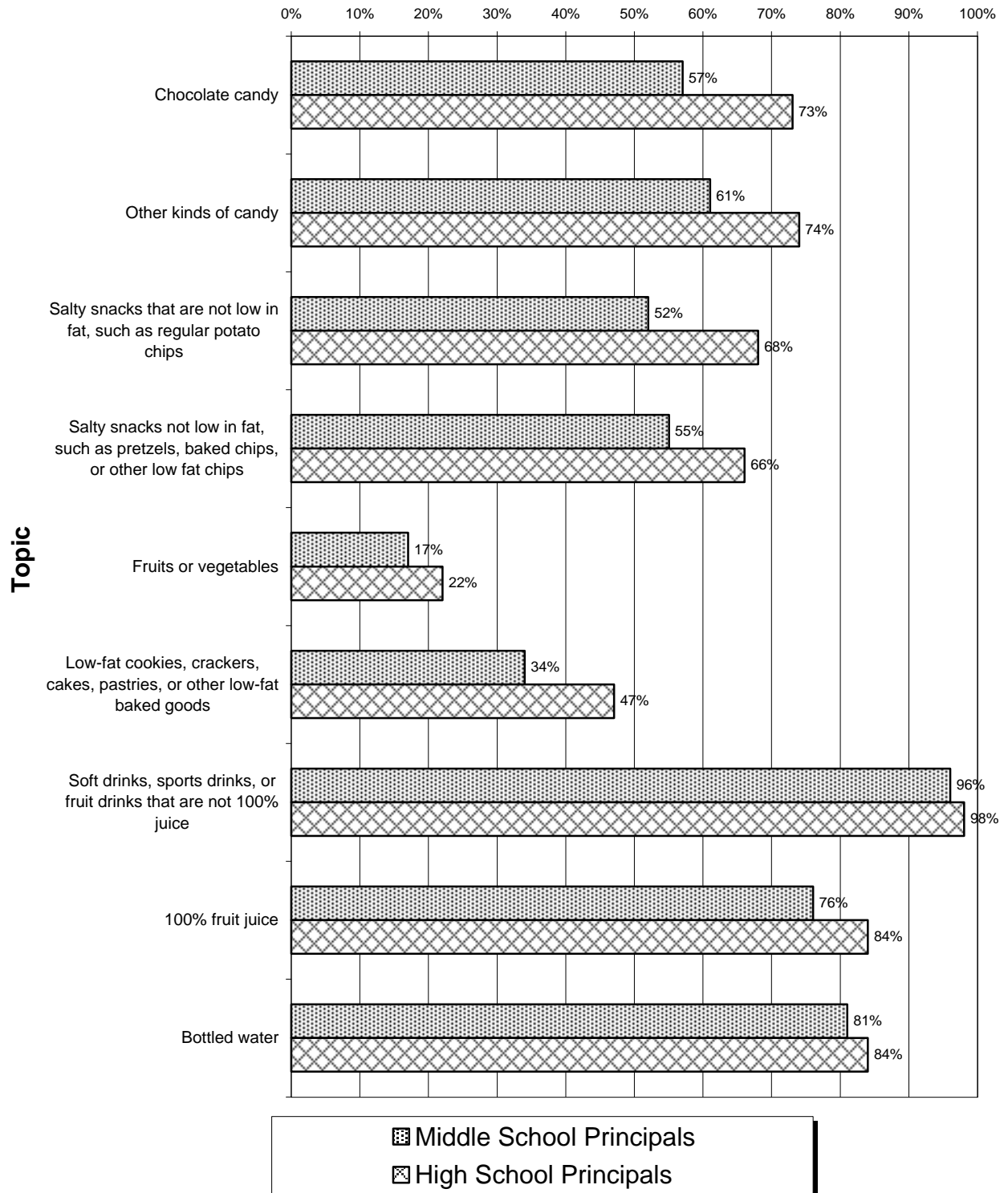
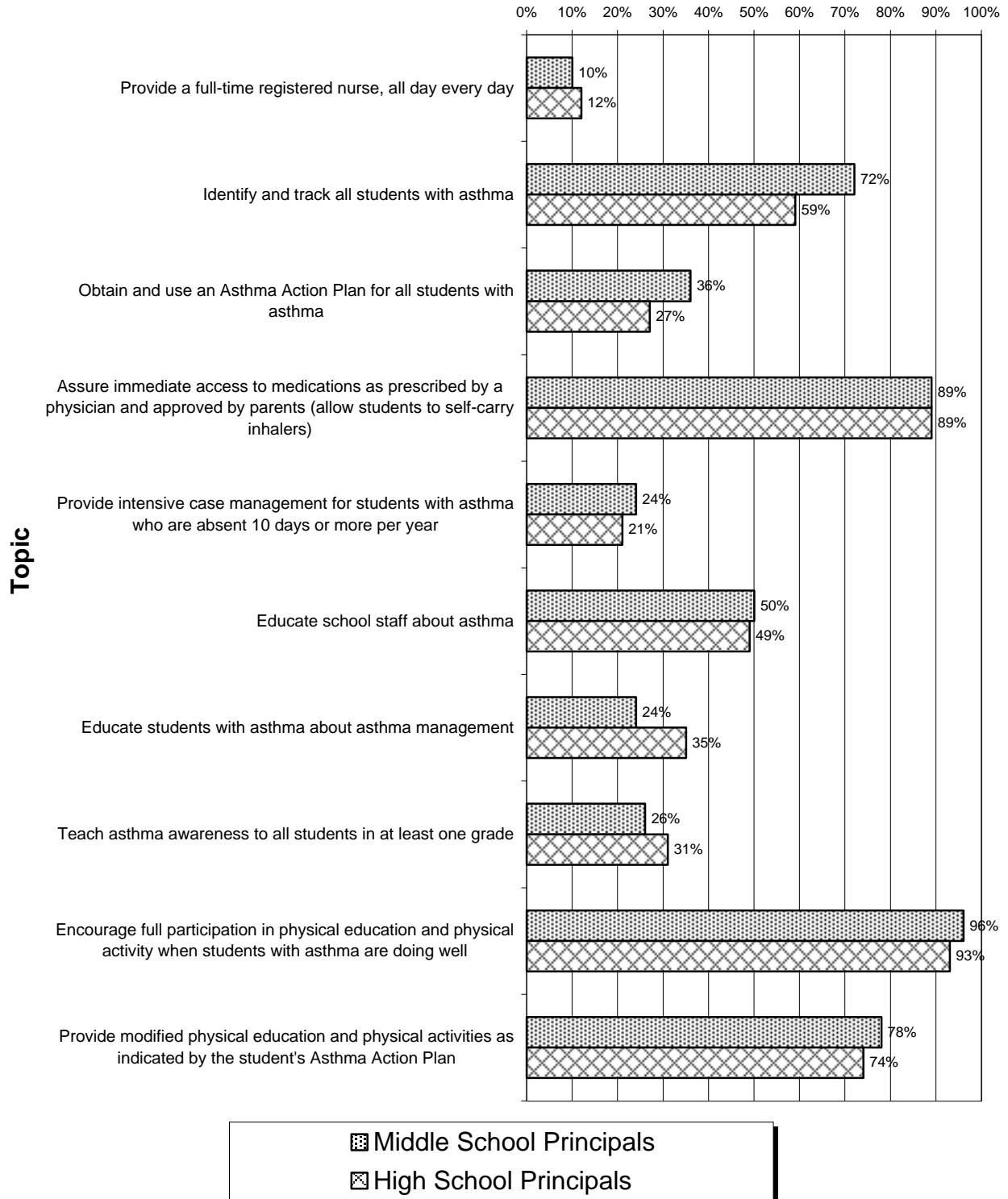


Figure 16

Q-39 Does your school implement each of the following school-based asthma management activities?



APPENDIX B

MIDDLE SCHOOL PRINCIPALS SURVEY RESULTS

2002 SCHOOL HEALTH EDUCATION PROFILE

Questionnaire for Middle School Principals

This questionnaire was administered to 120 7th and 8th grade school principals in Montana during March 2002. Responses may not total 120 due to non-responses and percentages may not total 100 percent due to rounding. Percentages are weighted to reflect the likelihood of a principal being selected and to reduce bias by compensating for differing patterns of non-response.

Q-1 Are any of the following grades taught in this school? (Mark yes or no for each grade)

	<u>Yes</u>	<u>No</u>
Response		
a. 6	72.0%	28.0%
b. 7	98.0%	2.0%
c. 8	98.0%	2.0%
d. 9	32.0%	68.0%
e. 10	30.0%	70.0%
f. 11	29.0%	71.0%
g. 12	29.0%	71.0%

REQUIRED HEALTH EDUCATION

Required health education which is defined as instruction about health education topics such as injuries and violence, alcohol and other drug use, tobacco use, nutrition, human sexuality, HIV infection, and physical activity that students must pass for graduation or promotion from this school.

Q-2 Is health education required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	95.0%	5.0%

Q-3 Is required health education taught in each of the following ways to students in grades 6 through 12 in this school? (Mark yes or no for each method)

	<u>Yes</u>	<u>No</u>
a. In a combined health education and physical education course	94.0%	6.0%
b. In a course mainly about another subject other than health education such as science, social studies, home economics, or English	21.0%	79.0%

REQUIRED HEALTH EDUCATION COURSES

(Definition: A required health education courses is taught as a separate semester- or quarter-long unit of instruction for which the student receives credit. It is not health education units or lessons integrated into other subjects)

Q-4 How many required health education courses do students take in grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. 0 courses	3.0%	97.0%
b. 1 course	17.0%	83.0%
c. 2 courses	22.0%	78.0%
d. 3 courses	26.0%	74.0%
e. 4 or more courses	31.0%	69.0%

Q-5 Is a required health education course taught in each of the following grades in this school? (Mark one response for each grade)

	<u>Yes</u>	<u>No</u>
Grade		
a. 6	78.0%	22.0%
b. 7	96.0%	4.0%
c. 8	95.0%	5.0%
d. 9	88.0%	12.0%
e. 10	83.0%	17.0%
f. 11	0.0%	100.0%
g. 12	0.0%	100.0%

Q-6 During this school year, about what percent of students in grades 6 through 12 were exempted or excused from any part of a required health education course by parental request? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. Students cannot be exempted or excused	27.0%	73.0%
b. Less than 1%	65.0%	35.0%
c. 1% to 5%	8.0%	92.0%
d. 6% or more	0.0%	100.0%

HEALTH EDUCATION COORDINATION

Q-7 Who coordinates health education in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. No one coordinates health education in this school	4.0%	96.0%
b. District administrator	5.0%	95.0%
c. District health education or curriculum coordinator	13.0%	87.0%
d. School administrator	20.0%	80.0%
e. Health education teacher	54.0%	46.0%
f. School nurse	1.0%	99.0%
g. Other	2.0%	98.0%

Q-8 Does this school or school district have a school health committee or advisory group that develops policies, coordinates activities, or seeks student and family involvement in programs that address health issues? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	33.0%	67.0%

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY PROGRAMS

Q-9 Is physical education required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	100.0%	0.0%

Q-10 Can students be exempted from taking required physical education for any of the following reasons? (Mark yes or no for each reason)

	<u>Yes</u>	<u>No</u>
Reason		
a. Enrollment in other courses (i.e., math or science)	1.0%	99.0%
b. Participation in school sports	1.0%	99.0%
c. Participation in other school activities (i.e., ROTC, marching band, chorus, or cheerleading)	0.0%	100.0%
d. Participation in community sponsored activities	1.0%	99.0%

Q-11	If students fail required physical education, are they required to repeat it? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	41.0%	59.0%
Q-12	Are faculty and staff at this school allowed to use physical activity, such as laps or push-ups, to punish students for bad behavior in physical education? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	28.0%	72.0%
Q-13	Are faculty and staff at this school allowed to make students miss all or part of a physical education as punishment for bad behavior? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	8.0%	92.0%
Q-14	Is a newly hired physical education teacher or specialist required to be certified, licensed, or endorsed by the state in physical education? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	92.0%	8.0%
Q-15	Does this school offer students opportunities to participate in intramural activities or physical activity clubs? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	65.0%	35.0%
Q-16	Does this school provide transportation home for students who participate in after-school intramural activities or physical education? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response		
	a. Yes	5.0%	95.0%
	b. No	66.0%	34.0%
	c. This school does not offer intramural activities or clubs	29.0%	71.0%
Q-17	Outside of school hours or when school is not in session, do children or adolescents use any of the school's activity or athletic facilities for community-sponsored sports teams or physical activity programs? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	97.0%	3.0%

TOBACCO PREVENTION POLICIES

Q-18	Has this school adopted a policy prohibiting cigarette smoking by students? (Mark one response)		
		<u>Yes</u>	<u>No</u>
	Response	100.0%	0.0%

Q-19 Does the tobacco prevention policy specifically prohibit use of each type of tobacco for each of the following groups? (Mark yes or no for each type of tobacco for each group)

		<u>Yes</u>	<u>No</u>
Type of tobacco/group			
a. Cigarettes			
Students	97.0%	3.0%	
Faculty/Staff	92.0%	8.0%	
Visitors	90.0%	10.0%	
b. Smokeless Tobacco			
Students	96.0%	4.0%	
Faculty/Staff	91.0%	9.0%	
Visitors	87.0%	13.0%	
c. Cigars			
Students	92.0%	8.0%	
Faculty/Staff	88.0%	12.0%	
Visitors	88.0%	12.0%	
d. Pipes			
Students	91.0%	9.0%	
Faculty/Staff	88.0%	12.0%	
Visitors	87.0%	13.0%	

Q-20 Does the tobacco prevention policy specifically prohibit tobacco use during each of the following times? (Mark yes or no for each time for each group)

		<u>Yes</u>	<u>No</u>
Time/group			
a. During school hours			
Students	100.0%	0.0%	
Faculty/Staff	93.0%	7.0%	
Visitors	90.0%	10.0%	
b. During non-school hours			
Students	90.0%	10.0%	
Faculty/Staff	75.0%	25.0%	
Visitors	74.0%	26.0%	

Q-21 Does the tobacco prevention policy specifically prohibit tobacco use in each of the following locations for each of the following groups? (Mark yes or no for each location for each group)

		<u>Yes</u>	<u>No</u>
Location/group			
a. In school buildings			
Students	99.0%	1.0%	
Faculty/Staff	100.0%	0.0%	
Visitors	99.0%	1.0%	
b. On school grounds			
Students	99.0%	1.0%	
Faculty/Staff	85.0%	15.0%	
Visitors	75.0%	25.0%	
c. In school buses or other vehicles used to transport students			
Students	98.0%	2.0%	
Faculty/Staff	95.0%	5.0%	
Visitors	89.0%	11.0%	
d. At off-campus, school-sponsored events			
Students	97.0%	3.0%	
Faculty/Staff	72.0%	28.0%	
Visitors	48.0%	52.0%	

Q-22 Does your school have procedures to inform each of the following groups about the tobacco prevention policy that prohibits their use of tobacco? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>	<u>N/A</u>
Group			
a. Students	99.0%	1.0%	0.0%
b. Faculty/Staff	93.0%	3.0%	3.0%
c. Visitors	75.0%	20.0%	6.0%

Q-23 Does your school have procedures to inform parents about the policy that prohibits tobacco use by students? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. Yes	99.0%	1.0%
b. No	1.0%	99.0%
c. Not applicable	0.0%	100.0%

Q-24 Does your school designate an individual who has primary responsibility for see that tobacco use prevention policy is enforced? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	68.0%	32.0%

**Q-25 When students are caught smoking cigarettes, how often are each off the following actions taken?
(Mark one response for each action)**

		<u>Yes</u>	<u>No</u>
Action/occurrence			
a.	Parents or guardians are informed		
	Never	0.0%	100.0%
	Rarely	0.0%	100.0%
	Sometimes	1.0%	99.0%
	Always	99.0%	1.0%
b.	Referred to a school counselor		
	Never	2.0%	98.0%
	Rarely	9.0%	91.0%
	Sometimes	48.0%	52.0%
	Always	41.0%	59.0%
c.	Referred to a school administrator		
	Never	0.0%	100.0%
	Rarely	0.0%	100.0%
	Sometimes	0.0%	100.0%
	Always	100.0%	0.0%
d.	Encouraged, but not required to participate in an assistance, education or cessation program		
	Never	15.0%	85.0%
	Rarely	22.0%	78.0%
	Sometimes	35.0%	65.0%
	Always	28.0%	72.0%
e.	Required to participate in an assistance, education, or cessation program		
	Never	29.0%	71.0%
	Rarely	25.0%	75.0%
	Sometimes	30.0%	70.0%
	Always	16.0%	84.0%
f.	Referred to legal authorities		
	Never	4.0%	96.0%
	Rarely	7.0%	93.0%
	Sometimes	28.0%	72.0%
	Always	61.0%	39.0%
g.	Placed in detention		
	Never	29.0%	71.0%
	Rarely	14.0%	86.0%
	Sometimes	32.0%	68.0%
	Always	25.0%	75.0%
h.	Given in-school suspension		
	Never	15.0%	85.0%
	Rarely	8.0%	92.0%
	Sometimes	40.0%	60.0%
	Always	38.0%	62.0%
i.	Suspended from school		
	Never	8.0%	92.0%
	Rarely	16.0%	84.0%
	Sometimes	42.0%	58.0%
	Always	35.0%	65.0%

Q-26 Does your school provide referrals to tobacco cessation programs for each of the following groups? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Response		
a. Faculty and staff	19.0%	81.0%
b. Students	56.0%	44.0%

Q-27 Is tobacco advertising prohibited in each of the following locations? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Location		
a. In the school building	93.0%	7.0%
b. On school grounds	94.0%	6.0%
c. On school buses or other vehicles	93.0%	7.0%
d. In school publications	93.0%	7.0%

Q-28 Is tobacco advertising through sponsorship of school events prohibited? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	91.0%	9.0%

Q-29 Are students at your school prohibited from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	98.0%	2.0%

Q-30 Does your school post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use by students is not allowed? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	64.0%	36.0%

NUTRITION-RELATED POLICIES AND PRACTICES

Q-31 How long do students usually have to eat lunch once they are seated? (Mark one response)

	<u>Yes</u>	<u>No</u>
Time		
a. Less than 20 minutes	22.0%	78.0%
b. 20 minutes or more	76.0%	24.0%
c. This school does not serve lunch to students	2.0%	98.0%

Q-32 Does your school or district have a policy stating that fruits and vegetables will be offered at school settings such as student parties, after-school programs, staff meetings, parent's meetings, or concession stands? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	2.0%	98.0%

Q-33 Can students purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	84.0%	16.0%

Q-34 Can students purchase each snack food or beverage from vending machines or at the school store, canteen, or snack bar? (Mark yes or no for each food or beverage)

	<u>Yes</u>	<u>No</u>
Food/beverage		
a. Chocolate candy	57.0%	43.0%
b. Other kinds of candy	61.0%	39.0%
c. Salty snacks that are not low in fat, such as regular potato chips	52.0%	48.0%
d. Salty snacks not low in fat, such as pretzels, baked chips, or other low fat chips	55.0%	45.0%
e. Fruits or vegetables	17.0%	83.0%
f. Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods	34.0%	66.0%
g. Soft drinks, sports drinks, or fruit drinks that are not 100% juice	96.0%	4.0%
h. 100% fruit juice	76.0%	24.0%
i. Bottled water	81.0%	19.0%

Q-35 Can students purchase snack foods or beverages during the following times? (Mark yes or no for each time)

	<u>Yes</u>	<u>No</u>
Time		
a. Before classes begin in the morning	69.0%	31.0%
b. During any school hours when meals are not being served	36.0%	64.0%
c. During school lunch periods	75.0%	25.0%

VIOLENCE PREVENTION

Q-36 Does your school implement each of the following safety and security measures? (Mark yes or no for each measure)

	<u>Yes</u>	<u>No</u>
Measure		
a. Require visitors to report to the main office or reception area upon arrival	99.0%	1.0%
b. Maintain a "closed campus" where students are not allowed to leave school during the school day, including lunchtime	65.0%	35.0%
c. Use staff or adult volunteers to monitor school halls during and between classes	90.0%	10.0%
d. Routinely conduct bag, desk, or locker checks	40.0%	60.0%
e. Prohibit students from carrying backpacks or book bags at school	29.0%	71.0%
f. Require students to wear school uniforms	0.0%	100.0%
g. Require students to wear identification badges	2.0%	98.0%
h. Use metal detectors	2.0%	98.0%
i. Have uniformed police, undercover police, or security guards during the regular school day	19.0%	81.0%

Q-37 Does your school have or participate in each of the following programs? (Mark yes or no for each program)

	<u>Yes</u>	<u>No</u>
Program		
a. A peer mediation program	32.0%	68.0%
b. A safe-passage to school program	5.0%	95.0%
c. A program to prevent gang violence	15.0%	85.0%
d. A program to prevent bullying	62.0%	38.0%

Q-38 Does your school have a written plan for responding to violence at the school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	96.0%	4.0%

ASTHMA MANAGEMENT ACTIVITIES

Q-39 Does your school implement each of the following school-based asthma management activities? (Mark yes or no for each measure)

	<u>Yes</u>	<u>No</u>
Activity		
a. Provide a full-time registered nurse, all day every day	10.0%	90.0%
b. Identify and track all students with asthma	72.0%	28.0%
c. Obtain and use an Asthma Action Plan for all students with asthma	36.0%	64.0%
d. Assure immediate access to medications as prescribed by a physician and approved by parents (allow students to self-carry inhalers)	89.0%	11.0%
e. Provide intensive case management for students with asthma who are absent 10 days or more per year	24.0%	76.0%
f. Educate school staff about asthma	50.0%	50.0%
g. Educate students with asthma about asthma management	24.0%	76.0%
h. Teach asthma awareness to all students in at least one grade	26.0%	74.0%
i. Encourage full participation in physical education and physical activity when students with asthma are doing well	96.0%	4.0%
j. Provide modified physical education and physical activities as indicated by the student's Asthma Action Plan	78.0%	22.0%

HIV INFECTION POLICIES

Q-40 Has this school adopted a written policy that protects the rights of students and/or staff with HIV infection of AIDS? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	69.0%	31.0%

Q-41 Does that policy address each of the following issues for students and/or staff with HIV infection or AIDS? (Mark yes or no for each issue)

	<u>Yes</u>	<u>No</u>
Issue		
a. Attendance of students with HIV infection	91.0%	9.0%
b. Procedures to protect HIV-infected students and staff from discrimination	92.0%	8.0%
c. Maintaining confidentiality of HIV-infected students and staff	97.0%	3.0%
d. Worksite safety (i.e., universal precautions for school staff)	96.0%	4.0%
e. Confidential counseling for HIV-infected students	76.0%	24.0%
f. Communication of the policy to students, school staff, and parents	85.0%	15.0%
g. Adequate training about HIV infection for school staff	78.0%	22.0%
h. Procedures for implementing the policy	87.0%	13.0%

APPENDIX C
HIGH SCHOOL PRINCIPALS SURVEY RESULTS

2002 SCHOOL HEALTH EDUCATION PROFILE

Questionnaire for High School Principals

This questionnaire was administered to 134 high school principals in Montana during March 2002. Responses may not total 134 due to non-responses and percentages may not total 100 percent due to rounding. Percentages are weighted to reflect the likelihood of a principal being selected and to reduce bias by compensating for differing patterns of non-response.

Q-1 Are any of the following grades taught in this school? (Mark yes or no for each grade)

	<u>Yes</u>	<u>No</u>
Response		
a. 6	41.0%	59.0%
b. 7	56.0%	44.0%
c. 8	56.0%	44.0%
d. 9	99.0%	1.0%
e. 10	100.0%	0.0%
f. 11	99.0%	1.0%
g. 12	99.0%	1.0%

REQUIRED HEALTH EDUCATION

Required health education which is defined as instruction about health education topics such as injuries and violence, alcohol and other drug use, tobacco use, nutrition, human sexuality, HIV infection, and physical activity that students must pass for graduation or promotion from this school.

Q-2 Is health education required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	95.0%	5.0%

Q-3 Is required health education taught in each of the following ways to students in grades 6 through 12 in this school? (Mark yes or no for each method)

	<u>Yes</u>	<u>No</u>
a. In a combined health education and physical education course	94.0%	6.0%
b. In a course mainly about another subject other than health education such as science, social studies, home economics, or English	17.0%	83.0%

REQUIRED HEALTH EDUCATION COURSES

(Definition: A required health education courses is taught as a separate semester- or quarter-long unit of instruction for which the student receives credit. It is not health education units or lessons integrated into other subjects)

Q-4 How many required health education courses do students take in grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. 0 courses	7.0%	93.0%
b. 1 course	15.0%	85.0%
c. 2 courses	39.0%	61.0%
d. 3 courses	4.0%	96.0%
e. 4 or more courses	35.0%	65.0%

Q-5 Is a required health education course taught in each of the following grades in this school? (Mark one response for each grade)

	<u>Yes</u>	<u>No</u>
Grade		
a. 6	57.0%	43.0%
b. 7	94.0%	6.0%
c. 8	94.0%	6.0%
d. 9	94.0%	6.0%
e. 10	94.0%	6.0%
f. 11	11.0%	89.0%
g. 12	9.0%	91.0%

Q-6 During this school year, about what percent of students in grades 6 through 12 were exempted or excused from any part of a required health education course by parental request? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. Students cannot be exempted or excused	43.0%	57.0%
b. Less than 1%	52.0%	48.0%
c. 1% to 5%	5.0%	95.0%
d. 6% or more	0.0%	100.0%

HEALTH EDUCATION COORDINATION

Q-7 Who coordinates health education in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. No one coordinates health education in this school	2.0%	98.0%
b. District administrator	6.0%	94.0%
c. District health education or curriculum coordinator	8.0%	92.0%
d. School administrator	12.0%	88.0%
e. Health education teacher	69.0%	31.0%
f. School nurse	1.0%	99.0%
g. Other	2.0%	98.0%

Q-8 Does this school or school district have a school health committee or advisory group that develops policies, coordinates activities, or seeks student and family involvement in programs that address health issues? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	21.0%	79.0%

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY PROGRAMS

Q-9 Is physical education required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	100.0%	0.0%

Q-10 Can students be exempted from taking required physical education for any of the following reasons? (Mark yes or no for each reason)

Reason		
a. Enrollment in other courses (i.e., math or science)	0.0%	100.0%
b. Participation in school sports	2.0%	98.0%
c. Participation in other school activities (i.e., ROTC, marching band, chorus, or cheerleading)	0.0%	100.0%
d. Participation in community sponsored activities	1.0%	99.0%

Q-11	If students fail required physical education, are they required to repeat it? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>98.0%</div> <div>2.0%</div> </div>
Q-12	Are faculty and staff at this school allowed to use physical activity, such as laps or push-ups, to punish students for bad behavior in physical education? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>34.0%</div> <div>66.0%</div> </div>
Q-13	Are faculty and staff at this school allowed to make students miss all or part of a physical education as punishment for bad behavior? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>4.0%</div> <div>96.0%</div> </div>
Q-14	Is a newly hired physical education teacher or specialist required to be certified, licensed, or endorsed by the state in physical education? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>97.0%</div> <div>3.0%</div> </div>
Q-15	Does this school offer students opportunities to participate in intramural activities or physical activity clubs? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>51.0%</div> <div>49.0%</div> </div>
Q-16	Does this school provide transportation home for students who participate in after-school intramural activities or physical education? (Mark one response)	
	<div> <div></div> <div><u>Response</u></div> </div>	
	Response	
	a. Yes	6.0%
	b. No	57.0%
	c. This school does not offer intramural activities or clubs	37.0%
Q-17	Outside of school hours or when school is not in session, do children or adolescents use any of the school's activity or athletic facilities for community-sponsored sports teams or physical activity programs? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>92.0%</div> <div>8.0%</div> </div>

TOBACCO PREVENTION POLICIES

Q-18	Has this school adopted a policy prohibiting cigarette smoking by students? (Mark one response)	
	<div> <div></div> <div><u>Yes</u></div> <div><u>No</u></div> </div>	
	Response	<div> <div>100.0%</div> <div>0.0%</div> </div>

Q-19 Does the tobacco prevention policy specifically prohibit use of each type of tobacco for each of the following groups? (Mark yes or no for each type of tobacco for each group)

		<u>Yes</u>	<u>No</u>
Type of tobacco/group			
a. Cigarettes			
Students	98.0%	2.0%	
Faculty/Staff	88.0%	12.0%	
Visitors	86.0%	14.0%	
b. Smokeless Tobacco			
Students	98.0%	2.0%	
Faculty/Staff	86.0%	14.0%	
Visitors	79.0%	21.0%	
c. Cigars			
Students	89.0%	11.0%	
Faculty/Staff	82.0%	18.0%	
Visitors	81.0%	19.0%	
d. Pipes			
Students	89.0%	11.0%	
Faculty/Staff	81.0%	19.0%	
Visitors	79.0%	21.0%	

Q-20 Does the tobacco prevention policy specifically prohibit tobacco use during each of the following times? (Mark yes or no for each time for each group)

		<u>Yes</u>	<u>No</u>
Time/group			
a. During school hours			
Students	100.0%	0.0%	
Faculty/Staff	92.0%	8.0%	
Visitors	89.0%	11.0%	
b. During non-school hours			
Students	87.0%	13.0%	
Faculty/Staff	70.0%	30.0%	
Visitors	66.0%	34.0%	

Q-21 Does the tobacco prevention policy specifically prohibit tobacco use in each of the following locations for each of the following groups? (Mark yes or no for each location for each group)

		<u>Yes</u>	<u>No</u>
Location/group			
a. In school buildings			
Students	99.0%	1.0%	
Faculty/Staff	99.0%	1.0%	
Visitors	97.0%	3.0%	
b. On school grounds			
Students	98.0%	2.0%	
Faculty/Staff	79.0%	21.0%	
Visitors	61.0%	39.0%	
c. In school buses or other vehicles used to transport students			
Students	98.0%	2.0%	
Faculty/Staff	91.0%	9.0%	
Visitors	84.0%	16.0%	
d. At off-campus, school-sponsored events			
Students	97.0%	3.0%	
Faculty/Staff	63.0%	37.0%	
Visitors	40.0%	60.0%	

Q-22 Does your school have procedures to inform each of the following groups about the tobacco prevention policy that prohibits their use of tobacco? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>	<u>N/A</u>
Group			
a. Students	99.0%	1.0%	0.0%
b. Faculty/Staff	92.0%	5.0%	2.0%
c. Visitors	77.0%	17.0%	5.0%

Q-23 Does your school have procedures to inform parents about the policy that prohibits tobacco use by students? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response		
a. Yes	99.0%	1.0%
b. No	1.0%	99.0%
c. Not applicable	0.0%	100.0%

Q-24 Does your school designate an individual who has primary responsibility for see that tobacco use prevention policy is enforced? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	72.0%	28.0%

**Q-25 When students are caught smoking cigarettes, how often are each off the following actions taken?
(Mark one response for each action)**

		<u>Yes</u>	<u>No</u>
Action/occurrence			
a.	Parents or guardians are informed		
	Never	0.0%	100.0%
	Rarely	0.0%	100.0%
	Sometimes	4.0%	96.0%
	Always	96.0%	4.0%
b.	Referred to a school counselor		
	Never	11.0%	89.0%
	Rarely	18.0%	82.0%
	Sometimes	40.0%	60.0%
	Always	31.0%	69.0%
c.	Referred to a school administrator		
	Never	0.0%	100.0%
	Rarely	0.0%	100.0%
	Sometimes	2.0%	98.0%
	Always	98.0%	2.0%
d.	Encouraged, but not required to participate in an assistance, education or cessation program		
	Never	17.0%	83.0%
	Rarely	23.0%	77.0%
	Sometimes	34.0%	66.0%
	Always	25.0%	75.0%
e.	Required to participate in an assistance, education, or cessation program		
	Never	37.0%	63.0%
	Rarely	20.0%	80.0%
	Sometimes	24.0%	76.0%
	Always	19.0%	81.0%
f.	Referred to legal authorities		
	Never	9.0%	91.0%
	Rarely	16.0%	84.0%
	Sometimes	40.0%	60.0%
	Always	36.0%	64.0%
g.	Placed in detention		
	Never	28.0%	72.0%
	Rarely	12.0%	88.0%
	Sometimes	26.0%	74.0%
	Always	34.0%	66.0%
h.	Given in-school suspension		
	Never	22.0%	78.0%
	Rarely	11.0%	89.0%
	Sometimes	32.0%	68.0%
	Always	36.0%	64.0%
i.	Suspended from school		
	Never	13.0%	87.0%
	Rarely	19.0%	81.0%
	Sometimes	34.0%	66.0%
	Always	34.0%	66.0%

Q-26 Does your school provide referrals to tobacco cessation programs for each of the following groups? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Response		
a. Faculty and staff	18.0%	82.0%
b. Students	49.0%	51.0%

Q-27 Is tobacco advertising prohibited in each of the following locations? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Location		
a. In the school building	95.0%	5.0%
b. On school grounds	94.0%	6.0%
c. On school buses or other vehicles	95.0%	5.0%
d. In school publications	93.0%	7.0%

Q-28 Is tobacco advertising through sponsorship of school events prohibited? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	91.0%	9.0%

Q-29 Are students at your school prohibited from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters on it? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	93.0%	7.0%

Q-30 Does your school post signs marking a tobacco-free school zone, that is, a specified distance from school grounds where tobacco use by students is not allowed? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	59.0%	41.0%

NUTRITION-RELATED POLICIES AND PRACTICES

Q-31 How long do students usually have to eat lunch once they are seated? (Mark one response)

	<u>Yes</u>	<u>No</u>
Time		
a. Less than 20 minutes	19.0%	81.0%
b. 20 minutes or more	79.0%	21.0%
c. This school does not serve lunch to students	2.0%	98.0%

Q-32 Does your school or district have a policy stating that fruits and vegetables will be offered at school settings such as student parties, after-school programs, staff meetings, parent's meetings, or concession stands? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	6.0%	94.0%

Q-33 Can students purchase snack foods or beverages from vending machines or at the school store, canteen, or snack bar? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	91.0%	9.0%

Q-34 Can students purchase each snack food or beverage from vending machines or at the school store, canteen, or snack bar? (Mark yes or no for each food or beverage)

	<u>Yes</u>	<u>No</u>
Food/beverage		
a. Chocolate candy	73.0%	27.0%
b. Other kinds of candy	74.0%	26.0%
c. Salty snacks that are not low in fat, such as regular potato chips	68.0%	32.0%
d. Salty snacks not low in fat, such as pretzels, baked chips, or other low fat chips	66.0%	34.0%
e. Fruits or vegetables	22.0%	78.0%
f. Low-fat cookies, crackers, cakes, pastries, or other low-fat baked goods	47.0%	53.0%
g. Soft drinks, sports drinks, or fruit drinks that are not 100% juice	98.0%	2.0%
h. 100% fruit juice	84.0%	16.0%
i. Bottled water	84.0%	16.0%

Q-35 Can students purchase snack foods or beverages during the following times? (Mark yes or no for each time)

	<u>Yes</u>	<u>No</u>
Time		
a. Before classes begin in the morning	90.0%	10.0%
b. During any school hours when meals are not being served	58.0%	42.0%
c. During school lunch periods	84.0%	16.0%

VIOLENCE PREVENTION

Q-36 Does your school implement each of the following safety and security measures? (Mark yes or no for each measure)

	<u>Yes</u>	<u>No</u>
Measure		
a. Require visitors to report to the main office or reception area upon arrival	98.0%	2.0%
b. Maintain a "closed campus" where students are not allowed to leave school during the school day, including lunchtime	15.0%	85.0%
c. Use staff or adult volunteers to monitor school halls during and between classes	83.0%	17.0%
d. Routinely conduct bag, desk, or locker checks	43.0%	57.0%
e. Prohibit students from carrying backpacks or book bags at school	12.0%	88.0%
f. Require students to wear school uniforms	0.0%	100.0%
g. Require students to wear identification badges	1.0%	99.0%
h. Use metal detectors	3.0%	97.0%
i. Have uniformed police, undercover police, or security guards during the regular school day	17.0%	83.0%

Q-37 Does your school have or participate in each of the following programs? (Mark yes or no for each program)

	<u>Yes</u>	<u>No</u>
Program		
a. A peer mediation program	25.0%	75.0%
b. A safe-passage to school program	6.0%	94.0%
c. A program to prevent gang violence	16.0%	84.0%
d. A program to prevent bullying	44.0%	56.0%

Q-38 Does your school have a written plan for responding to violence at the school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	91.0%	9.0%

ASTHMA MANAGEMENT ACTIVITIES

Q-39 Does your school implement each of the following school-based asthma management activities? (Mark yes or no for each measure)

	<u>Yes</u>	<u>No</u>
Activity		
a. Provide a full-time registered nurse, all day every day	12.0%	88.0%
b. Identify and track all students with asthma	59.0%	41.0%
c. Obtain and use an Asthma Action Plan for all students with asthma	27.0%	73.0%
d. Assure immediate access to medications as prescribed by a physician and approved by parents (allow students to self-carry inhalers)	89.0%	11.0%
e. Provide intensive case management for students with asthma who are absent 10 days or more per year	21.0%	79.0%
f. Educate school staff about asthma	49.0%	51.0%
g. Educate students with asthma about asthma management	35.0%	65.0%
h. Teach asthma awareness to all students in at least one grade	31.0%	69.0%
i. Encourage full participation in physical education and physical activity when students with asthma are doing well	93.0%	7.0%
j. Provide modified physical education and physical activities as indicated by the student's Asthma Action Plan	74.0%	26.0%

HIV INFECTION POLICIES

Q-40 Has this school adopted a written policy that protects the rights of students and/or staff with HIV infection of AIDS? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	73.0%	27.0%

Q-41 Does that policy address each of the following issues for students and/or staff with HIV infection or AIDS? (Mark yes or no for each issue)

	<u>Yes</u>	<u>No</u>
Issue		
a. Attendance of students with HIV infection	90.0%	10.0%
b. Procedures to protect HIV-infected students and staff from discrimination	97.0%	3.0%
c. Maintaining confidentiality of HIV-infected students and staff	98.0%	2.0%
d. Worksite safety (i.e., universal precautions for school staff)	94.0%	6.0%
e. Confidential counseling for HIV-infected students	82.0%	18.0%
f. Communication of the policy to students, school staff, and parents	88.0%	12.0%
g. Adequate training about HIV infection for school staff	84.0%	16.0%
h. Procedures for implementing the policy	88.0%	12.0%

APPENDIX D

MIDDLE SCHOOL LEAD HEALTH TEACHERS SURVEY RESULTS

2002 SCHOOL HEALTH EDUCATION PROFILE

Questionnaire for Middle School Lead Health Educators

This questionnaire was administered to 120 7th and 8th grade school lead health educators in Montana during March 2002. Responses may not total 120 due to non-responses and percentages may not total 100 percent due to rounding. Percentages are weighted to reflect the likelihood of a lead health educator being selected and to reduce bias by compensating for differing patterns of non-response.

REQUIRED HEALTH EDUCATION COURSES

(Definition: A required health education courses is taught as a separate semester- or quarter-long unit of instruction for which the student receives credit. It is not health education units or lessons integrated into other subjects)

Q-1 Is a health education course required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	92.0%	8.0%

Q-2 Are teachers in this school required to use each of the following materials in a required health education course for students in grades 6 through 12? (Mark yes or no for each type of material)

Material	<u>Yes</u>	<u>No</u>
a. The National Health Education Standards	44.0%	56.0%
b. Your state's curriculum, set of guidelines, or framework	73.0%	27.0%
c. Your district's curriculum, set of guidelines, or framework	83.0%	17.0%
d. Your school's curriculum, set of guidelines, or framework	86.0%	14.0%
e. Any materials from health organizations, such as the American Red Cross or the American Cancer Society	30.0%	70.0%
f. A commercially-developed student textbook	43.0%	57.0%
g. A commercially-developed teacher's guide	40.0%	60.0%

Q-3 During this school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12? (Mark yes or no for each topic)

Topic	<u>Yes</u>	<u>No</u>
a. Accident or injury prevention	87.0%	13.0%
b. Alcohol or other drug use prevention	98.0%	2.0%
c. Consumer health	78.0%	22.0%
d. CPR (cardiopulmonary resuscitation)	62.0%	38.0%
e. Death and dying	51.0%	49.0%
f. Dental and oral health	61.0%	39.0%
g. Emotional and mental health	89.0%	11.0%
h. Environmental health	78.0%	22.0%
i. First aid	75.0%	25.0%
j. Growth and development	86.0%	14.0%
k. HIV (human immunodeficiency virus) prevention	89.0%	11.0%
l. Human sexuality	74.0%	26.0%
m. Immunization and vaccinations	56.0%	44.0%
n. Nutrition and dietary behavior	97.0%	3.0%
o. Personal hygiene	92.0%	8.0%
p. Physical activity and fitness	99.0%	1.0%
q. Pregnancy prevention	67.0%	33.0%
r. STD (sexually transmitted disease) prevention	77.0%	23.0%
s. Suicide prevention	59.0%	41.0%
t. Sun safety or skin cancer prevention	72.0%	28.0%
u. Tobacco use prevention	98.0%	2.0%
v. Violence prevention (such as bullying, fighting, or homicide)	83.0%	17.0%

Q-4 During this school year, have teachers in this school tried to improve each of the following student skills in a required health education course in any of grades 6 through 12? (Mark yes or no for each skill)

	<u>Yes</u>	<u>No</u>
Skill		
a. Accessing valid health information, products, and services	83.0%	17.0%
b. Advocating for personal, family, and community health	82.0%	18.0%
c. Analysis of media messages	85.0%	15.0%
d. Communication	91.0%	9.0%
e. Decision making	96.0%	4.0%
f. Goal setting	93.0%	7.0%
g. Conflict resolution	91.0%	9.0%
h. Resisting peer pressure for unhealthy behaviors (i.e., refusal skills)	96.0%	4.0%
i. Stress management	82.0%	18.0%

Q-5 During this school year, have teachers in this school used each of the following teaching methods in a required health education course in any of grades 6 through 12? (Mark yes or no for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Group discussions	97.0%	3.0%
b. Cooperative group activities	95.0%	5.0%
c. Role-play, simulations, or practice	81.0%	19.0%
d. Language, performing, or visual arts	67.0%	33.0%
e. Pledges or contracts for behavior change	42.0%	58.0%
f. Adult guest speakers	79.0%	21.0%
g. Peer educators	59.0%	41.0%
h. The Internet	66.0%	34.0%
i. Computer-assisted instruction	45.0%	55.0%

Q-6 During this school year, have teachers in this school asked students to participate in each of the following activities as part of a required health education course in any of grades 6 through 12? (Mark yes or no for each activity)

	<u>Yes</u>	<u>No</u>
Activity		
a. Perform volunteer work at a hospital, a local health department, or any other community organization that addresses health issues	10.0%	90.0%
b. Participate in or attend a school or community health fair	23.0%	77.0%
c. Gather information about health services that are available in the community	38.0%	62.0%
d. Visit a store to compare prices of health products	12.0%	88.0%
e. Identify potential injury sites at school, home, or in the community	41.0%	59.0%
f. Identify and analyze advertising in the community designed to influence health behaviors or health risk behaviors	63.0%	37.0%
g. Advocate for a health-related issue	47.0%	53.0%
h. Complete homework assignments with family members	75.0%	25.0%

Q-7 During this school year, did teachers in this school teach each of the following tobacco use prevention topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Short-term health consequences of cigarette smoking (such as decreased stamina, stained teeth, bad breath, etc.)	97.0%	3.0%
b. Benefits of not smoking cigarettes (including long and short-term health benefits, social benefits, or financial benefits)	94.0%	6.0%
c. Risks of cigar or pipe smoking	81.0%	19.0%
d. Short- and long-term health consequences of using smokeless tobacco	94.0%	6.0%
e. Benefits of not using smokeless tobacco	91.0%	9.0%
f. Addictive effects of nicotine in tobacco products	93.0%	7.0%
g. How many young people use tobacco	92.0%	8.0%
h. The number of illnesses and deaths related to tobacco use	94.0%	6.0%
i. Influence of families on tobacco use	85.0%	15.0%
j. Influence of the media on tobacco use	89.0%	11.0%
k. Social or cultural influences on tobacco use	85.0%	15.0%
l. How to find valid information on services related to tobacco use prevention or cessation	72.0%	28.0%
m. Making a personal commitment not to use tobacco	74.0%	26.0%
n. How students can influence or support others to prevent tobacco use	84.0%	16.0%
o. How students can influence or support others in efforts to quit using tobacco	79.0%	21.0%
p. How to say no to tobacco use	93.0%	7.0%
q. The health effects of environmental tobacco smoke (ETS) or second hand smoke	93.0%	7.0%

Q-8 During this school year, did teachers in this school teach each of the following HIV prevention topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Abstinence as the most effective method to avoid HIV infection	80.0%	20.0%
b. How HIV is transmitted	83.0%	17.0%
c. How HIV affects the human body	83.0%	17.0%
d. How to correctly use a condom	27.0%	73.0%
e. Condom efficacy, that is, how well condoms work and don't work	59.0%	41.0%
f. Influence of alcohol and other drugs on HIV-related risk behaviors	81.0%	19.0%
g. Social or cultural influences on HIV-related risk behaviors	72.0%	28.0%
h. The number of young people who get HIV	79.0%	21.0%
i. How to find valid information or services related to HIV or HIV testing	67.0%	33.0%
j. Compassion for persons living with HIV or AIDS	72.0%	28.0%

Q-9 During this school year, did teachers in this school teach each of the following nutrition and dietary topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. The benefits of health eating	96.0%	4.0%
b. The Food Guide Pyramid	93.0%	7.0%
c. The Dietary Guidelines for Americans	85.0%	15.0%
d. Using food labels	87.0%	13.0%
e. Aiming for a healthy weight (balancing food intake and physical activity)	94.0%	6.0%
f. Choosing a variety of grains daily, especially whole grains	91.0%	9.0%
g. Choosing a variety of fruits and vegetables daily	95.0%	5.0%
h. Choosing a diet low in saturated fat and cholesterol and moderate total fat	88.0%	12.0%
i. Moderating intake of sugars	93.0%	7.0%
j. Choosing and preparing foods with less salt	75.0%	25.0%
k. Eating more calcium-rich foods	85.0%	15.0%
l. Keeping food safe to eat	74.0%	26.0%
m. Preparing health meals and snacks	90.0%	10.0%
n. Risks of unhealthy weight control practices	91.0%	9.0%
o. Accepting body size differences	94.0%	6.0%
p. Eating disorders	91.0%	9.0%

Q-10 During this school year, did teachers in this school teach each of the following physical activity topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. The physical, psychological, or social benefits of physical activity	96.0%	4.0%
b. Health-related fitness (I.e., cardiovascular endurance, muscular endurance, musc	94.0%	6.0%
c. Phases of a workout (I.e., warm-up, workout, and cool down)	96.0%	4.0%
d. How much physical activity is enough (I.e., determining frequency, intensity, time	85.0%	15.0%
e. Developing and individualized physical activity plan	64.0%	36.0%
f. Monitoring progress toward reaching goals in an individualized physical activity p	66.0%	34.0%
g. Overcoming barriers to physical activity	79.0%	21.0%
h. Decreasing sedentary activities such as television watching	86.0%	14.0%
i. Opportunities for physical activity in the community	83.0%	17.0%
j. Preventing injury during physical activity	92.0%	8.0%
k. Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	84.0%	16.0%
l. Dangers of using performance-enhancing drugs, such as steroids	80.0%	20.0%

TOBACCO USE PREVENTION AND HIV PREVENTION

Q-11 During this school year, in which of the following grades was information on tobacco use prevention provided? (Mark yes or no for each grade)

	<u>Yes</u>	<u>No</u>
Grade		
a. 6th	79.0%	21.0%
b. 7th	91.0%	9.0%
c. 8th	87.0%	13.0%
d. 9th	88.0%	12.0%
e. 10th	90.0%	10.0%
f. 11th	37.0%	63.0%
g. 12th	34.0%	66.0%

Q-12 Are required tobacco use prevention units or lessons taught in each of the following courses in this school? (Mark yes or no for each lesson)

	<u>Yes</u>	<u>No</u>
Course		
a. Science	26.0%	74.0%
b. Home economics or family and consumer education	21.0%	79.0%
c. Physical education	74.0%	26.0%
d. Family life education or life skills	39.0%	61.0%
e. Special education	21.0%	79.0%

Q-13 Are required HIV prevention units or lessons taught in each of the following courses in this school? (Mark yes or no for each lesson)

	<u>Yes</u>	<u>No</u>
Course		
a. Science	34.0%	66.0%
b. Home economics or family and consumer education	17.0%	83.0%
c. Physical education	60.0%	40.0%
d. Family life education or life skills	26.0%	74.0%
e. Special education	16.0%	84.0%

COLLABORATION

Q-14 During this school year, have any health education staff worked with each of the following groups on health education activities? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Course		
a. Physical education staff	86.0%	14.0%
b. School health services staff (e.g., nurses)	53.0%	47.0%
c. School mental health or social services staff (e.g., psychologists, counselors)	56.0%	44.0%
d. Food services staff	24.0%	76.0%
e. Community members	50.0%	50.0%

Q-15 During this school year, has this school done each of the following activities? (Mark yes or no for each activity)

Activity	<u>Yes</u>	<u>No</u>
a. Provided families with information on the health education program	61.0%	39.0%
b. Met with a parent's organization such as the PTA to discuss the health education program	18.0%	82.0%
c. Invited family members to attend a health education class	41.0%	59.0%

STAFF DEVELOPMENT

Q-16 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics? (Mark one response for each topic)

Topic	<u>Yes</u>	<u>No</u>
a. Accident or injury prevention	46.0%	54.0%
b. Alcohol or other drug use prevention	60.0%	40.0%
c. Consumer health	18.0%	82.0%
d. CPR (cardiopulmonary resuscitation)	62.0%	38.0%
e. Death and dying	17.0%	83.0%
f. Dental and oral health	13.0%	87.0%
g. Emotional and mental health	31.0%	69.0%
h. Environmental health	15.0%	85.0%
i. First aid	61.0%	39.0%
j. Growth and development	29.0%	71.0%
k. HIV (human immunodeficiency virus) prevention	55.0%	45.0%
l. Human sexuality	34.0%	66.0%
m. Immunization and vaccinations	15.0%	85.0%
n. Nutrition and dietary behavior	31.0%	69.0%
o. Personal hygiene	15.0%	85.0%
p. Physical activity and fitness	49.0%	51.0%
q. Pregnancy prevention	25.0%	75.0%
r. STD (sexually transmitted disease)	37.0%	63.0%
s. Suicide prevention	21.0%	79.0%
t. Sun safety or skin cancer	13.0%	87.0%
u. Tobacco use prevention	60.0%	40.0%
v. Violence prevention (such as bullying, fighting, and homicide)	52.0%	48.0%

Q-17 Would you like to receive staff development on each of these health education topics? (Mark yes or no for each topic)

Topic	<u>Yes</u>	<u>No</u>
a. Accident or injury prevention	55.0%	45.0%
b. Alcohol or other drug use prevention	65.0%	35.0%
c. Consumer health	53.0%	47.0%
d. CPR (cardiopulmonary resuscitation)	59.0%	41.0%
e. Death and dying	62.0%	38.0%
f. Dental and oral health	46.0%	54.0%
g. Emotional and mental health	72.0%	28.0%
h. Environmental health	55.0%	45.0%
i. First aid	59.0%	41.0%
j. Growth and development	55.0%	45.0%
k. HIV (human immunodeficiency virus) prevention	66.0%	34.0%
l. Human sexuality	62.0%	38.0%
m. Immunization and vaccinations	55.0%	45.0%
n. Nutrition and dietary behavior	69.0%	31.0%
o. Personal hygiene	47.0%	53.0%
p. Physical activity and fitness	67.0%	33.0%
q. Pregnancy prevention	54.0%	46.0%
r. STD (sexually transmitted disease)	61.0%	39.0%
s. Suicide prevention	74.0%	26.0%
t. Sun safety or skin cancer	53.0%	47.0%
u. Tobacco use prevention	58.0%	42.0%
v. Violence prevention (such as bullying, fighting, and homicide)	74.0%	26.0%

Q-18 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following teaching methods? (Mark one response for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Teaching students with physical or cognitive disabilities	35.0%	65.0%
b. Teaching students of various cultural backgrounds	24.0%	76.0%
c. Teaching students with limited English proficiency	4.0%	96.0%
d. Using interactive teaching methods such as role plays or cooperative group activities	58.0%	42.0%
e. Encouraging family or community involvement	34.0%	66.0%
f. Teaching skills for behavior change	47.0%	53.0%

Q-19 Would you like to receive staff development on each of these teaching methods? (Mark yes or no for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Teaching students with physical or cognitive disabilities	56.0%	44.0%
b. Teaching students of various cultural backgrounds	45.0%	55.0%
c. Teaching students with limited English proficiency	37.0%	63.0%
d. Using interactive teaching methods such as role plays or cooperative group activities	63.0%	37.0%
e. Encouraging family or community involvement	63.0%	37.0%
f. Teaching skills for behavior change	80.0%	20.0%

PROFESSIONAL PREPARATION

Q-20 What was the major emphasis of your professional preparation? (Mark one response)

	<u>Yes</u>	<u>No</u>
Major Emphasis		
a. Health and physical education combined	59.0%	41.0%
b. Health education	2.0%	98.0%
c. Physical education	9.0%	91.0%
d. Other education degree	21.0%	79.0%
e. Kinesiology	0.0%	100.0%
f. Exercise science or exercise physiology	2.0%	98.0%
g. Home economics or family and consumer science	2.0%	98.0%
h. Science	3.0%	97.0%
i. Nursing	1.0%	99.0%
j. Counseling	1.0%	99.0%
k. Public health	0.0%	100.0%
l. Other	1.0%	99.0%

Q-21 Including this school year, how many years have you been teaching health education? (Mark one response)

	<u>Yes</u>	<u>No</u>
Years Teaching Health Education		
a. 1 year	8.0%	92.0%
b. 2 to 5 years	27.0%	73.0%
c. 6 to 9 years	16.0%	84.0%
d. 10 to 14 years	14.0%	86.0%
e. 15 years or more	35.0%	65.0%

APPENDIX E

HIGH SCHOOL LEAD HEALTH TEACHERS SURVEY RESULTS

2002 SCHOOL HEALTH EDUCATION PROFILE

Questionnaire for High School Lead Health Educators

This questionnaire was administered to 133 high school school lead health educators in Montana during March 2002. Responses may not total 133 due to non-responses and percentages may not total 100 percent due to rounding. Percentages are weighted to reflect the likelihood of a lead health educator being selected and to reduce bias by compensating for differing patterns of non-response.

REQUIRED HEALTH EDUCATION COURSES

(Definition: A required health education courses is taught as a separate semester- or quarter-long unit of instruction for which the student receives credit. It is not health education units or lessons integrated into other subjects)

Q-1 Is a health education course required for students in any of grades 6 through 12 in this school? (Mark one response)

	<u>Yes</u>	<u>No</u>
Response	93.0%	7.0%

Q-2 Are teachers in this school required to use each of the following materials in a required health education course for students in grades 6 through 12? (Mark yes or no for each type of material)

<u>Material</u>	<u>Yes</u>	<u>No</u>
a. The National Health Education Standards	37.0%	63.0%
b. Your state's curriculum, set of guidelines, or framework	78.0%	22.0%
c. Your district's curriculum, set of guidelines, or framework	84.0%	16.0%
d. Your school's curriculum, set of guidelines, or framework	84.0%	16.0%
e. Any materials from health organizations, such as the American Red Cross or the American Cancer Society	37.0%	63.0%
f. A commercially-developed student textbook	52.0%	48.0%
g. A commercially-developed teacher's guide	46.0%	54.0%

Q-3 During this school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12? (Mark yes or no for each topic)

<u>Topic</u>	<u>Yes</u>	<u>No</u>
a. Accident or injury prevention	89.0%	11.0%
b. Alcohol or other drug use prevention	99.0%	1.0%
c. Consumer health	82.0%	18.0%
d. CPR (cardiopulmonary resuscitation)	71.0%	29.0%
e. Death and dying	57.0%	43.0%
f. Dental and oral health	65.0%	35.0%
g. Emotional and mental health	90.0%	10.0%
h. Environmental health	73.0%	27.0%
i. First aid	79.0%	21.0%
j. Growth and development	90.0%	10.0%
k. HIV (human immunodeficiency virus) prevention	96.0%	4.0%
l. Human sexuality	86.0%	14.0%
m. Immunization and vaccinations	65.0%	35.0%
n. Nutrition and dietary behavior	99.0%	1.0%
o. Personal hygiene	85.0%	15.0%
p. Physical activity and fitness	100.0%	0.0%
q. Pregnancy prevention	78.0%	22.0%
r. STD (sexually transmitted disease) prevention	87.0%	13.0%
s. Suicide prevention	70.0%	30.0%
t. Sun safety or skin cancer prevention	75.0%	25.0%
u. Tobacco use prevention	98.0%	2.0%
v. Violence prevention (such as bullying, fighting, or homicide)	82.0%	18.0%

Q-4 During this school year, have teachers in this school tried to improve each of the following student skills in a required health education course in any of grades 6 through 12? (Mark yes or no for each skill)

	<u>Yes</u>	<u>No</u>
Skill		
a. Accessing valid health information, products, and services	91.0%	9.0%
b. Advocating for personal, family, and community health	83.0%	17.0%
c. Analysis of media messages	79.0%	21.0%
d. Communication	92.0%	8.0%
e. Decision making	95.0%	5.0%
f. Goal setting	89.0%	11.0%
g. Conflict resolution	88.0%	12.0%
h. Resisting peer pressure for unhealthy behaviors (i.e., refusal skills)	95.0%	5.0%
i. Stress management	90.0%	10.0%

Q-5 During this school year, have teachers in this school used each of the following teaching methods in a required health education course in any of grades 6 through 12? (Mark yes or no for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Group discussions	99.0%	1.0%
b. Cooperative group activities	95.0%	5.0%
c. Role-play, simulations, or practice	74.0%	26.0%
d. Language, performing, or visual arts	64.0%	36.0%
e. Pledges or contracts for behavior change	38.0%	62.0%
f. Adult guest speakers	79.0%	21.0%
g. Peer educators	54.0%	46.0%
h. The Internet	81.0%	19.0%
i. Computer-assisted instruction	69.0%	31.0%

Q-6 During this school year, have teachers in this school asked students to participate in each of the following activities as part of a required health education course in any of grades 6 through 12? (Mark yes or no for each activity)

	<u>Yes</u>	<u>No</u>
Activity		
a. Perform volunteer work at a hospital, a local health department, or any other community organization that addresses health issues	11.0%	89.0%
b. Participate in or attend a school or community health fair	28.0%	72.0%
c. Gather information about health services that are available in the community	44.0%	56.0%
d. Visit a store to compare prices of health products	22.0%	78.0%
e. Identify potential injury sites at school, home, or in the community	49.0%	51.0%
f. Identify and analyze advertising in the community designed to influence health behaviors or health risk behaviors	57.0%	43.0%
g. Advocate for a health-related issue	52.0%	48.0%
h. Complete homework assignments with family members	69.0%	31.0%

Q-7 During this school year, did teachers in this school teach each of the following tobacco use prevention topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Short-term health consequences of cigarette smoking (such as decreased stamina, stained teeth, bad breath, etc.)	97.0%	3.0%
b. Benefits of not smoking cigarettes (including long and short-term health benefits, social benefits, or financial benefits)	97.0%	3.0%
c. Risks of cigar or pipe smoking	85.0%	15.0%
d. Short- and long-term health consequences of using smokeless tobacco	96.0%	4.0%
e. Benefits of not using smokeless tobacco	95.0%	5.0%
f. Addictive effects of nicotine in tobacco products	96.0%	4.0%
g. How many young people use tobacco	94.0%	6.0%
h. The number of illnesses and deaths related to tobacco use	95.0%	5.0%
i. Influence of families on tobacco use	91.0%	9.0%
j. Influence of the media on tobacco use	92.0%	8.0%
k. Social or cultural influences on tobacco use	92.0%	8.0%
l. How to find valid information on services related to tobacco use prevention or cessation	78.0%	22.0%
m. Making a personal commitment not to use tobacco	75.0%	25.0%
n. How students can influence or support others to prevent tobacco use	84.0%	16.0%
o. How students can influence or support others in efforts to quit using tobacco	86.0%	14.0%
p. How to say no to tobacco use	93.0%	7.0%
q. The health effects of environmental tobacco smoke (ETS) or second hand smoke	96.0%	4.0%

Q-8 During this school year, did teachers in this school teach each of the following HIV prevention topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Abstinence as the most effective method to avoid HIV infection	92.0%	8.0%
b. How HIV is transmitted	92.0%	8.0%
c. How HIV affects the human body	91.0%	9.0%
d. How to correctly use a condom	38.0%	62.0%
e. Condom efficacy, that is, how well condoms work and don't work	70.0%	30.0%
f. Influence of alcohol and other drugs on HIV-related risk behaviors	90.0%	10.0%
g. Social or cultural influences on HIV-related risk behaviors	82.0%	18.0%
h. The number of young people who get HIV	86.0%	14.0%
i. How to find valid information or services related to HIV or HIV testing	84.0%	16.0%
j. Compassion for persons living with HIV or AIDS	85.0%	15.0%

Q-9 During this school year, did teachers in this school teach each of the following nutrition and dietary topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. The benefits of health eating	97.0%	3.0%
b. The Food Guide Pyramid	90.0%	10.0%
c. The Dietary Guidelines for Americans	81.0%	19.0%
d. Using food labels	84.0%	16.0%
e. Aiming for a healthy weight (balancing food intake and physical activity)	95.0%	5.0%
f. Choosing a variety of grains daily, especially whole grains	83.0%	17.0%
g. Choosing a variety of fruits and vegetables daily	87.0%	13.0%
h. Choosing a diet low in saturated fat and cholesterol and moderate total fat	89.0%	11.0%
i. Moderating intake of sugars	92.0%	8.0%
j. Choosing and preparing foods with less salt	76.0%	24.0%
k. Eating more calcium-rich foods	83.0%	17.0%
l. Keeping food safe to eat	74.0%	26.0%
m. Preparing health meals and snacks	84.0%	16.0%
n. Risks of unhealthy weight control practices	93.0%	7.0%
o. Accepting body size differences	87.0%	13.0%
p. Eating disorders	89.0%	11.0%

Q-10 During this school year, did teachers in this school teach each of the following physical activity topics in a required health education course for students in any of grades 6 through 12? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. The physical, psychological, or social benefits of physical activity	97.0%	3.0%
b. Health-related fitness (I.e., cardiovascular endurance, muscular endurance, musc	97.0%	3.0%
c. Phases of a workout (I.e., warm-up, workout, and cool down)	97.0%	3.0%
d. How much physical activity is enough (I.e., determining frequency, intensity, time	90.0%	10.0%
e. Developing and individualized physical activity plan	74.0%	26.0%
f. Monitoring progress toward reaching goals in an individualized physical activity p	75.0%	25.0%
g. Overcoming barriers to physical activity	78.0%	22.0%
h. Decreasing sedentary activities such as television watching	90.0%	10.0%
i. Opportunities for physical activity in the community	77.0%	23.0%
j. Preventing injury during physical activity	97.0%	3.0%
k. Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active)	85.0%	15.0%
l. Dangers of using performance-enhancing drugs, such as steroids	94.0%	6.0%

TOBACCO USE PREVENTION AND HIV PREVENTION

Q-11 During this school year, in which of the following grades was information on tobacco use prevention provided? (Mark yes or no for each grade)

	<u>Yes</u>	<u>No</u>
Grade		
a. 6th	84.0%	16.0%
b. 7th	88.0%	12.0%
c. 8th	89.0%	11.0%
d. 9th	88.0%	12.0%
e. 10th	87.0%	13.0%
f. 11th	30.0%	70.0%
g. 12th	32.0%	68.0%

Q-12 Are required tobacco use prevention units or lessons taught in each of the following courses in this school? (Mark yes or no for each lesson)

	<u>Yes</u>	<u>No</u>
Course		
a. Science	22.0%	78.0%
b. Home economics or family and consumer education	38.0%	62.0%
c. Physical education	85.0%	15.0%
d. Family life education or life skills	40.0%	60.0%
e. Special education	27.0%	73.0%

Q-13 Are required HIV prevention units or lessons taught in each of the following courses in this school? (Mark yes or no for each lesson)

	<u>Yes</u>	<u>No</u>
Course		
a. Science	40.0%	60.0%
b. Home economics or family and consumer education	37.0%	63.0%
c. Physical education	81.0%	19.0%
d. Family life education or life skills	39.0%	61.0%
e. Special education	23.0%	77.0%

COLLABORATION

Q-14 During this school year, have any health education staff worked with each of the following groups on health education activities? (Mark yes or no for each group)

	<u>Yes</u>	<u>No</u>
Course		
a. Physical education staff	86.0%	14.0%
b. School health services staff (e.g., nurses)	58.0%	42.0%
c. School mental health or social services staff (e.g., psychologists, counselors)	50.0%	50.0%
d. Food services staff	27.0%	73.0%
e. Community members	53.0%	47.0%

Q-15 During this school year, has this school done each of the following activities? (Mark yes or no for each activity)

	<u>Yes</u>	<u>No</u>
Activity		
a. Provided families with information on the health education program	53.0%	47.0%
b. Met with a parent's organization such as the PTA to discuss the health education program	11.0%	89.0%
c. Invited family members to attend a health education class	26.0%	74.0%

STAFF DEVELOPMENT

Q-16 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following health education topics? (Mark one response for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Accident or injury prevention	51.0%	49.0%
b. Alcohol or other drug use prevention	54.0%	46.0%
c. Consumer health	16.0%	84.0%
d. CPR (cardiopulmonary resuscitation)	72.0%	28.0%
e. Death and dying	11.0%	89.0%
f. Dental and oral health	12.0%	88.0%
g. Emotional and mental health	30.0%	70.0%
h. Environmental health	11.0%	89.0%
i. First aid	72.0%	28.0%
j. Growth and development	21.0%	79.0%
k. HIV (human immunodeficiency virus) prevention	54.0%	46.0%
l. Human sexuality	36.0%	64.0%
m. Immunization and vaccinations	13.0%	87.0%
n. Nutrition and dietary behavior	33.0%	67.0%
o. Personal hygiene	13.0%	87.0%
p. Physical activity and fitness	44.0%	56.0%
q. Pregnancy prevention	27.0%	73.0%
r. STD (sexually transmitted disease)	39.0%	61.0%
s. Suicide prevention	22.0%	78.0%
t. Sun safety or skin cancer	15.0%	85.0%
u. Tobacco use prevention	54.0%	46.0%
v. Violence prevention (such as bullying, fighting, and homicide)	50.0%	50.0%

Q-17 Would you like to receive staff development on each of these health education topics? (Mark yes or no for each topic)

	<u>Yes</u>	<u>No</u>
Topic		
a. Accident or injury prevention	44.0%	56.0%
b. Alcohol or other drug use prevention	65.0%	35.0%
c. Consumer health	41.0%	59.0%
d. CPR (cardiopulmonary resuscitation)	64.0%	36.0%
e. Death and dying	56.0%	44.0%
f. Dental and oral health	39.0%	61.0%
g. Emotional and mental health	63.0%	37.0%
h. Environmental health	51.0%	49.0%
i. First aid	63.0%	37.0%
j. Growth and development	47.0%	53.0%
k. HIV (human immunodeficiency virus) prevention	62.0%	38.0%
l. Human sexuality	54.0%	46.0%
m. Immunization and vaccinations	42.0%	58.0%
n. Nutrition and dietary behavior	64.0%	36.0%
o. Personal hygiene	35.0%	65.0%
p. Physical activity and fitness	65.0%	35.0%
q. Pregnancy prevention	55.0%	45.0%
r. STD (sexually transmitted disease)	65.0%	35.0%
s. Suicide prevention	74.0%	26.0%
t. Sun safety or skin cancer	54.0%	46.0%
u. Tobacco use prevention	63.0%	37.0%
v. Violence prevention (such as bullying, fighting, and homicide)	75.0%	25.0%

Q-18 During the past two years, did you receive staff development (such as workshops, conferences, continuing education, or any other kind of in-service) on each of the following teaching methods? (Mark one response for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Teaching students with physical or cognitive disabilities	27.0%	73.0%
b. Teaching students of various cultural backgrounds	19.0%	81.0%
c. Teaching students with limited English proficiency	3.0%	97.0%
d. Using interactive teaching methods such as role plays or cooperative group activities	43.0%	57.0%
e. Encouraging family or community involvement	29.0%	71.0%
f. Teaching skills for behavior change	45.0%	55.0%

Q-19 Would you like to receive staff development on each of these teaching methods? (Mark yes or no for each teaching method)

	<u>Yes</u>	<u>No</u>
Teaching Method		
a. Teaching students with physical or cognitive disabilities	60.0%	40.0%
b. Teaching students of various cultural backgrounds	42.0%	58.0%
c. Teaching students with limited English proficiency	32.0%	68.0%
d. Using interactive teaching methods such as role plays or cooperative group activities	63.0%	37.0%
e. Encouraging family or community involvement	69.0%	31.0%
f. Teaching skills for behavior change	76.0%	24.0%

PROFESSIONAL PREPARATION

Q-20 What was the major emphasis of your professional preparation? (Mark one response)

	<u>Yes</u>	<u>No</u>
Major Emphasis		
a. Health and physical education combined	68.0%	32.0%
b. Health education	2.0%	98.0%
c. Physical education	13.0%	87.0%
d. Other education degree	8.0%	92.0%
e. Kinesiology	1.0%	99.0%
f. Exercise science or exercise physiology	0.0%	100.0%
g. Home economics or family and consumer science	1.0%	99.0%
h. Science	2.0%	98.0%
i. Nursing	0.0%	100.0%
j. Counseling	3.0%	97.0%
k. Public health	0.0%	100.0%
l. Other	2.0%	98.0%

Q-21 Including this school year, how many years have you been teaching health education? (Mark one response)

	<u>Yes</u>	<u>No</u>
Years Teaching Health Education		
a. 1 year	9.0%	91.0%
b. 2 to 5 years	16.0%	84.0%
c. 6 to 9 years	18.0%	82.0%
d. 10 to 14 years	16.0%	84.0%
e. 15 years or more	41.0%	59.0%